

**Kennett Wrestling
Day Camp
July 6th- July 10th
Application**

Name: _____
Street _____
State _____ Zip code _____
Phone Number _____
Date of Birth _____
E-Mail _____

Adult Shirt Size: S M L XL
Youth Shirt Size: S M L XL
(circle one)

Hospital Authorization Statement

I(We) _____ authorize our son
_____ to be treated at
Chester County Hospital in the event of an
accident or injury

Name of Insurance Company

Policy #: _____

The above-named child has my permission to participate in the Kennett Wrestling Day Camp. I certify, to my knowledge, that my son has no physical limitations that would prevent him from participating in wrestling and associated activities.

Signature, Parent/Guardian:

Signature releases Kennett School District and coaches from responsibility of accident or injury during the above-mentioned club.

Directors & Staff

Kennett High School Coaches Tyrone Johnson, Kevin Kochersperger, and John Boyer will be the directors of the camp. Between the three of them they bring a wealth of knowledge from both the coaching and competitive side of wrestling. The rest of the staff will be composed of Kennett wrestling team members and former Kennett wrestlers.

Camp Objectives

This camp has been designed for the needs of the young wrestler to help him reach his fullest potential. The Kennett Wrestling Day Camp will give the young wrestler the basis for a strong foundation on which to build in the years to follow.

Eligibility

All wrestlers entering 2nd grade through 9th grade for the up-coming 2009-2010 school year are eligible to participate.

What to Bring

Please bring your own lunch. Bring plenty to drink because it will be hot. Water will be provided all day. Please wear shorts and t-shirt to the camp.

Areas of Concentration

Leg Wrestling focuses on a phase of wrestling which is seldom developed on the elementary or middle school level. Basic fundamentals of the crossbody ride, figure four, grapevine, turk, etc., will be covered with special emphasis on set-ups, pinning, and defending against the legs.

Escapes and reversals will concentrate on maintaining a working base, controlling the arms and legs along with all of the escapes and reversals with a special emphasis on their many set-ups, finishes, and combinations.

In riding and pinning instruction, basic riding position and counters to all of the basic escapes and reversals will be taught. Arm bar series, cradles, nelsons, and situational pinning will also be covered.

Leg takedowns stress that a wrestler can not win without a good single leg, double leg, and high crotch series at any level of competition. All of the various set-ups, finishes, and counters will be drilled.

Check out our Website:

www.kennettwrestling.com

Cost

The cost is \$150 and will include a camp shirt.
Applications will be accepted up to July 3, 2009 or
to the enrollment of 80.

Send all applications to:

John Boyer
509 East South Street
Kennett Square, PA 19348
(610) 444-8716

Make all checks payable to:

KCWC

Daily Schedule

9:00-9:15	Arrival and Daily Roll
9:20-10:30	1 st Morning Session
10:30-10:40	Break
10:40-11:30	2 nd Morning Session
11:30-12:00	Lunch
12:00-1:00	Films/Games
1:00-2:00	Afternoon Session
2:00-3:00	Open Mat
3:00	Departure

Demon Wrestling Day Camp



July 6th-July 10th
9:00am-3:00pm
Kennett Middle School