

# St. Charles High School Wrestling Camp



**Monday—Thursday**  
**June 27th – June 30th**  
**9:00 am - 11:30 am**



Students entering grades 3rd through 12<sup>th</sup> this fall who are interested in learning and practicing the fundamentals of wrestling are encouraged to attend.

Pirate wrestling camp is taught by former SCHS wrestlers and the SCHS coaching staff, with specialized instruction in the fundamentals of takedowns, bottom work, and top work. Campers will also participate in live situational wrestling, strength training and team building activities. Advanced technique will be covered for more experienced wrestlers.

### What to wear/bring:

- T-Shirt & Shorts
- Tennis shoes and wrestling shoes (If you already have wrestling shoes bring them, you do not need to purchase shoes just for camp)
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Please mail application and payment of \$50.00 to:

St. Charles High School 725 N. Kingshighway St. Charles, MO 63301 Attn: Kevin Dill

For Information you contact Coach Dill at 636-443-4163 or email [kdill@stcharlessd.org](mailto:kdill@stcharlessd.org)

(Make checks payable to: St. Charles High School)

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Please Detach and Send In

Athlete's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Emergency Contact Name/Number \_\_\_\_\_

Age/Grade Level \_\_\_\_\_

Wrestling experience: **Beginner** **1-2yrs** **3+ yrs** Where: \_\_\_\_\_

T-Shirt Size:           YM   YL   S    M    L    XL   XXL   3XL