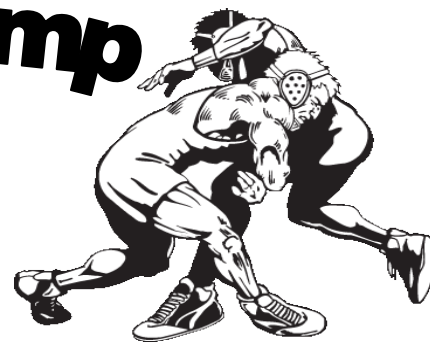


St. Charles Wrestling Camp

Monday—Thursday
June 25th – June 28th
9:00 am - 11:30 am



Students entering grades 3rd through 12th (both boys and girls) this fall who are interested in learning and practicing the fundamentals of wrestling are encouraged to attend.

Wrestling camp is taught by SCHS coaching staff, along with other high level instructors 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

(Make checks payable to: St. Charles High Please Detach and Send In School)

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