



BATTLE READY
W R E S T L I N G

JUNE 22ND - JUNE 26TH, 2015

FOR: Boys and girls that will be going into 6th through 9th grade this upcoming fall and are interested in improving their wrestling skills. We will be focusing on fundamentals such as hand fighting, setups, takedowns, top and bottom positions, tilts and arm bar series.

These skills will be reinforced through fun and competitive activities. Each camper will receive a camp t-shirt.

This camp will be led by Coach Steele (Trail Ridge) and Coach Jiron (Longs Peak Middle School/Longmont High School).

WHEN: Monday, June 22nd - Friday, June 26th, 2015
9 AM - 12 PM

WHERE: Trail Ridge Middle School Small Gymnasium

FEE: **\$55** - Early registration is encouraged to secure a spot. We will accept registrations for the first day of camp. **Checks can be made out to St. Vrain Valley School District.**

Send registration to:	Send registration to:	Any questions please contact:
until May 31st	after May 31st	Susan Prah
NHS c/o Sue Prah	SVVSD c/o Sue Prah	720.666.1093
8989 E. Niwot Road	395 S Pratt Pkwy	prahl_susan@svvsd.org
Longmont, CO 80501	Longmont, CO 80501	

You may also turn in your registration form to Mr. Steele at Trail Ridge Middle School



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Camper's Name: _____
Parent's Name: _____
Address: _____
email: _____
School: _____
Phone #: _____

Grade in Fall: 6th 7th 8th 9th
t-shirt size: S M L XL

Release Form

I give permission for _____ to participate in this activity. I acknowledge that participation in this activity involves some risk of injury or death and I assume these risks. I further acknowledge that the participant is physically capable of performing in this activity. I release and hold harmless the St. Vrain Valley School District and its personnel from any liability for any injury or death arising from participation in this activity.

Signature of Parent/Guardian _____ Date _____