



**SUMMER 2019**  
**LAFAYETTE WRESTLING (2<sup>nd</sup>-8<sup>th</sup> grade)**  
**BRING THE HEAT FUN Camp**

**WHERE: LAFAYETTE H.S.**  
**WRESTLING ROOM**

**WHEN: Mon-Thurs,**  
**June 10-13, 2019 at 8:30-12pm**  
**(bring sack lunch)**  
**We accept kids (going into) 2<sup>nd</sup> thru 8<sup>th</sup>**



Enter online

**OPTION #1- ONLINE FORM -MAIL CHECK**  
<https://goo.gl/forms/99f1w6vPbtCfiWs52> OR  
**OPTION #2-MAIL CHECK AND FORM**  
 LAFAYETTE WRESTLING Attn:Joe Wier  
 17050 Clayton Rd, Wildwood MO 63011  
**Email questions to:**  
**wierjoseph@rsdmo.org or call 636.236.1212**  
 ask for Joe Wier

**WRESTLING CAMP(8:30-12pm).**

**THIS IS A CAMP WHERE BOYS CAN FINALLY BE BOYS IN A CONTROLLED ENVIRONMENT!**

**BRING THE HEAT FUN CAMP-** CAMP WILL BE LEAD BY CURRENT LAFAYETTE COACHES AND WRESTLERS. WE WILL TEACH WRESTLING IN A FUN-FILLED LEARNING ENVIRONMENT. WRESTLING GAMES WILL BE PLAYED TO HELP LEARN AND REINFORCE SKILLS. WE WILL ALSO TEACH AGILITY, BALANCE, AND CORDINATION ACTIVITIES TO MAKE YOUR SON A BETTER-ROUNDED ATHLETE. YOUR SON WILL LEARN HOW TO FALL, ROLL, AND TUMBLE!!

**A TYPICAL CAMP DAY SCHEDULE**

- 8:30am Body awareness training-jumping, side-side hops, rope jump, cone work,etc
- 9 am Feet Technique taught and drilled
- 9:30am Wrestling twisters-positions and 10-15 sec live wrestling goes
- 9:45am Technique 2 top wrestling
- 10:15am live situations
- 10:30 am break
- 10:45 am Technique 3-bottom wrestling
- 11:15 am live situations
- 11:30 Fun wrestling games- dodge ball(agility,mat chess)
- 11:50 pm End Talk
- 12pm parent pickup

**PRICE: BRING THE HEAT -FUN WRESTLING CAMP Session \$80 and includes a T-shirt-**  
**SIGNUP BY MAILING THE FORM TO THE ABOVE ADDRESS**

NAME \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_ adult youth  
 (circle one)

ADDRESS \_\_\_\_\_ BIRTH \_\_\_\_\_ GRADE \_\_\_\_\_ WEIGHT \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CELL PHONE \_\_\_\_\_ EMERGENCY PHONE \_\_\_\_\_

EMAIL ADDRESS (needed for confirmation) \_\_\_\_\_

PARENTS NAMES \_\_\_\_\_

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS REGISTRATION, I, INTENDING TO BE LEGALLY BOUND FOR MYSELF MY HEIRS EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE "LAFAYETTE WRESTLING CAMP", THEIR AGENTS, REPRESENTATIVES, COMMITTEES, AND MEMBERS FROM ANY AND ALL CLAIMS OR RIGHTS TO DAMAGE FOR INJURIES OR LOSSES SUFFERED BY ANY WRESTLER DIRECTLY OR INDIRECTLY IN TRAINING, OR TRAVELING TO OR FROM, OR COMPETING IN, OR ATTENDING THIS CAMP. MY SON IS ADEQUATLY COVERED BY HEALTH INSURANCE.  
 ALL OF THE ABOVE INFORMATION IS TRUE AND I AGREE TO ITS TERMS.

SIGNED: PARENT OR GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_