MILFORD WRESTLING CLUB

COMMUTER WRESTLING CAMP

LOCATION–MILFORD HIGH SCHOOL

JULY 6-8, 2010

Come train with Milford Wrestling and Keith Massey

Keith Massey is the head coach of Golden Eagles Wrestling

****2x Iowa state place winner** ****2x NCAA Div. 1 qualifier**
****Freestyle/Greco National Champion** ****Coached numerous National Freestyle/Greco champions**
****Former Head Wrestling Coach at Public School National Champion Lewis Central**
****Coached numerous Nebraska and Iowa State champions and medal winners**

Come learn advanced technique and training skills.
******2-6th grade sessions–1 day ***7-12th grade sessions–2 days***

Schedule:	**Tuesday, July 6**	**8:30AM-9:00AM**	**2nd-6th grade check-in**
		9:00AM-12:00PM	**2nd-6th grade technique/training**
		12:00PM-1:00PM	**Lunch provided**
		1:00PM-4:00PM	**2nd-6th grade technique/training**
	Wednesday, July 7 and Thursday, July 8	**8:30AM-9:00AM**	**7th-12th grade check-in**
		9:00AM-12:00PM	**7th-12th grade technique/training**
		12:00PM-1:00PM	**Lunch Provided**
		1:00PM-4:30PM	**7th-12th grade technique/training**

Cost: **2nd-6th grade 1-day camp $40** **Registrations received by Friday, June 25 will**
7th-12th grade 2-day camp $60 **receive a camp t-shirt.**

Mail entries to: **Bob Redler** **checks payable to: Milford Wrestling Club**
722 Jantze Circle **Limited to first 30 entries (2nd-6th)**
Milford, NE 68405 **Limited to first 40 entries (7th-12th)**
More information: **402-761-2884** **cyberbob@windstream.net**

Wrestler Name_____ **Grade**_____ **Age** _____
Address_____
Phone#_____ **T-shirt (circle): YS YM YL AS AM AL XL XXL**
Camp choice(circle): 1 day 2nd-6th **2 day 7th-12th**

PERMISSION AND RELEASE: I give the above wrestler permission to participate in the commuter wrestling camp hosted by Milford Wrestling and conducted by Keith Massey. I release Milford Wrestling and Milford Public Schools, its coaches and staff and Keith Massey and staff, from all claims and liability for any injuries or accidents which may be sustained while participating in the commuter wrestling camp. I also state that I am covered by my own insurance.

Parent/guardian signature_____**Date**_____