



THE FRANCIS HOWELL JUNIOR VIKINGS WRESTLING CLUB PRESENTS.....

INTRODUCTION TO Wrestling Camp

For KINDERGARTEN-Entering 8th Thursday July 28th and Friday the 29th



Who: Anyone who is interested in wrestling and FUN! (Kindergarten through entering 8th grade)

Where: Francis Howell Middle School

When: July 28th and 29th (Thur & FRI) 9 am to 5:00 pm each day! Focus: 1) FUN! 2) Beginning Wrestling Fundamentals

PACK LUNCH: Student Athletes Must Bring a Pack Lunch and snacks for the day!

Camp Counselors: The Francis Howell Coaching Staff, High School Team, and Various Wrestling Alumni

Registration: Early registration is preferred to ensure receiving a T-shirt. Please register by June 15th. However, no one will be turned away from camp..... due to late registration.

Format: Student-Athletes will learn technique as well as life skills such as teamwork, goal setting, and others

Fun Alternatives: We will participate in an Alternative Activity (ie kickball, ultimate frisbee, fleetball) Each Day!

Cost: \$75 per individual, \$125 for unlimited family members, \$250 for groups of 4

All participants receive: a Medal, a T-shirt, a Certificate, a Poster, a digital photo, and a Popsicle!

For information please contact: Drew Lilledahl, Camp Director and Co-Head Coach Francis Howell JR. Vikings Wrestling Cell Phone: (314) 229-0271 or dlilledahl@hotmail.com

FRANCIS HOWELL "INTRODUCTION TO WRESTLING" CAMP Registration form 2011 Detach and Return

Mail Registration to: Drew Lilledahl, #12 Windam Place Drive, St. Charles, MO 63304

Participant: _____ Parent(s) Name(s) _____

Wrestler's Address: _____ School attending next fall _____

_____ MO _____ Phone(s) H _____ C _____

Emergency Contact _____ relation _____ # _____

T-Shirt Size: Please Circle! (Youth or Adult) S M L XL XXL Date of Birth _____ Age _____ Grade _____

Please Make Check Payable to: Viking Wrestling Club

Waiver: In consideration of your acceptance of this entry, I the wrestler/parent intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release the Francis Howell School District and their agents, representatives, committees, and members from any and all claims or rights to damage for injuries or losses suffered by me directly or indirectly in training, or traveling to or from, or competing in, or attending any function associated with the Francis Howell School District Wrestling Camps. All information given is true and anyone falsifying information will be reported to their school and the sanctioning associations.

Signatures:

Parent/ Guardian _____

Athlete _____

