

Johnson Wrestling Cub Camp

June 15- June 18, 2015

Cost: \$60

8:00 AM-11:00 AM

At Johnson High School

Open to all boys and girls entering 4th- 9th grades

Each wrestler will receive instruction from the Johnson Wrestling coaches, team, and alumni.

Each wrestler will receive a camp T-shirt!

A snack will be provided, but be sure to eat a good breakfast before. We also recommend bringing your own water bottle.

Wrestlers should wear a t-shirt, shorts, and socks.

Wrestling shoes are highly recommended but not required

Wrestling shoes can be purchased at Academy, Sports Authority, Dick's Sporting Goods, or online.

Tentative Schedule:

Monday: fundamentals, stance, sprawls, penetration steps, and rules

Tuesday: takedowns, breakdowns and escapes

Wednesday: more takedowns, breakdowns, and pinning combinations

Thursday: Mini tournament

Return bottom portion only to Coach Ricker at Johnson HS

Johnson Wrestling Cub Camp

Method of Payment: Cash Check # _____ Amount: _____

Participant Name: _____

Parent/Guardian Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Numbers: _____

Email: _____

Gender: _____ D.O.B. _____ Age: _____ Grade: _____ T-shirt size: _____

Elementary or Middle School _____



North East ISD Athletic Department

VIRGIL T. BLOSSOM ATHLETIC CENTER

Comalander Stadium Heroes Stadium Littleton Gymnasium Baseball Stadium Soccer Stadium
Davis/Walker Aquatic Center Tennis Center Piper-Bass Memorial Student Center

Executive Director Karen Funk	Director/Athletics Jimmy Burkholder	Director/Athletics Terry Peel	Director/Athletics Tim Woods	Director/Athletics Stacey Moore
Aquatics Coordinator David Johnson	Director PE/Health/Athletics Rachel Naylor		Tennis Coordinator Patrick Johnson	

WAIVER OF LIABILITY FORM SUMMER CAMP/RECREATION PROGRAM

In consideration of my child's voluntary participation in the North East Independent School District Athletic Department's Summer Camp Program, which includes use of its facilities and/or equipment, and in addition to the payment of any fee associated with this participation, I do hereby agree to waive, release and forever discharge the North East Independent School District, its trustees, employees, agents, and representatives from any and all responsibility or liability, under state and/or federal law, for any injuries and/or other damages resulting from my child's participation in the Summer Camp Program. This participation includes any organized or individual activity that is part of the Summer Camp Program, including but not limited to preparation sessions, workouts, and meetings. I hereby acknowledge and understand that this waiver of liability extends to claims by me, my child, and/or any other parent or legal guardian of my child.

My signature below certifies that I understand and accept the conditions and waiver as explained above.

PARENT OR GUARDIAN'S SIGNATURE

DATE

PARENT OR GUARDIAN'S PRINTED NAME

STUDENT ATHLETE'S NAME

SCHOOL

Revised 2/23/2015