

Southern Maryland Wrestling Club



2016 Freestyle/Greco Commuter Camp

WHEN: June 27-29, 2014 **Time:** 9am-3/3:30pm

WHERE: North Point HS (2500 Davis Rd. Waldorf, MD 20603)

COST: \$100 (\$10 discount per wrestler when applying together, in one envelope, as a team of 5 or more)

SMWC WolfPack & Potomac Valley Wrestling are teaming up to bring to you a must attend Freestyle/Greco commuter camp of the summer. This FS/GR training camp is sure to give you everything you are looking for to improve your summer wrestling. It is designed to prepare your child for the upcoming USAW Kids FS/GR Natls., AAU Junior Olympics, and USA Wrestling Fargo Nationals

This 3-day camp includes three sessions a day with two sessions devoted to technique and the 3rd session will be live wrestling and conditioning. All sessions will have a minimum of 3 counselors/clinicians to ensure all wrestlers get the one-on-one instruction they need. The goal is to provide you with the technique you need to be successful in Freestyle and Greco. Through intense drilling, detailed technique sessions, and live wrestling, your child will be prepared to compete in any National level FS/GR tournaments you choose to attend. Camp counselors will include Jason Gabrielson (Olympic Trials Qualifier, FILA Jr Natl Champ, 3x Sambo World Champ), Andre Brenner (3x Ukraine Natl Champ, All Russia Team Member) Josh Asper (2x NCAA AA & Fargo Finalist), Marty Margolis (3x State Champ, Fargo Natl. AA.), and a few other local MD standouts. Campers are asked to bring their own lunch.

Camp Director Contact Information: Jason Gabrielson 202-386-4283 email: wrestlesmwc@hotmail.com

Camp Registration

Name: _____ Age: _____ Weight: _____

Address: _____ ZIP: _____

Phone: _____ Team: _____

USA/ AAU Card Number: _____ Date of Birth: _____

Insurance Company/ Policy Number _____

Make check payable to: **Southern Maryland Wrestling Club**

Mail to: **SMWC- PO Box 161 Barstow, MD 20610**

We authorize our child to be treated by a licensed physician, EMT, dentist, physician's assistant, registered nurse, athletic trainer, or camp counselor if necessary, while attending camp. In submitting this entry, we waive, release, and forever discharge Southern Maryland Wrestling Club, and all camp directors and staff, and the host facility for and from any and all injuries, losses, or other damages suffered by our child or us at this camp, while traveling to and from this camp, or while participating in this camp.

We agree to indemnify and hold Southern Maryland Wrestling Club, and all camp directors and staff, and the host facility, harmless from and against any and all claims or demands, including reasonable attorneys' fees, made by any third party, to include our child, due to or arising out of our child's participation in this camp. We acknowledge that participation in this camp poses risks for our child, and we represent that our child is physically able to participate in this camp, and has trained sufficiently to do so.

Parent/Guardian Signature _____ Date: _____