

Cool Sunshine Wrestling Commuter Camp

5 Sessions of Premier Technique

June 1-3

Great for the first year/beginning wrestler and the advanced wrestlers!!

Ages 6-13

June 1st-3rd Tentative Schedule

10:00 am – 12:15 am	Morning Technique Session	<i>All sessions will be held in Plachy Hall's main gymnasium at Adams State College.</i>
12:15 am – 2:00 pm	Break/Lunch	
2:00 pm – 4:30 pm	Afternoon Technique Session	

Friday June 3rd will only include a morning session from 10:00 am- 12:00 pm

30 minutes of each session will include live wrestling and special drills

In between sessions lunch will be provided

The Swimming Pool will be open in between sessions as well. Please bring Swim trunks and towel.

Camp includes...

Five full sessions of technique tailored for both the beginner and experienced wrestler. Both beginner and experienced wrestlers will be shown **basic fundamental skills** required to become a successful wrestler at any level. Beginning wrestlers will be given **extra support** with basic skills. Experienced wrestlers will learn **advanced technique** used by high caliber wrestlers.

Camp Staff

- Adams State College Wrestling Coaching Staff
- Adams State Wrestlers including Josh Hensley, Luke McPeck, Jerry Huff, Daniel Kelly, Vincent Chacon as well as many others.

➤ For more information contact Jason Ramstetter @ 719-587-7274



Commuter Camp Registration Form

Name: _____ Age: _____ School: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ T-Shirt Size* (Circle One): Kids- S M L XL or Adult- S M L XL

I certify that my child is in good health and may participate in all activities. In case of emergency, I grant permission for treatment to be given at a local hospital.

Parent(s) Name _____ Parent(s) Signature _____

Family Insurance Company _____ Policy Number _____

Emergency Phone _____



Camp Fee: \$100.00 made payable to *Cool Sunshine Wrestling (Sibling Discount Available)*

To **Pre-register** please send check or money order by May 27th with registration form to: Adams State College

Cool Sun Shine Wrestling Camp

Atn: Jason Ramstetter

Alamosa, CO 81102

REGISTRATION

- Regular registration will also be on June 1st from 9:00 - 9:45 a.m. in the lobby of Plachy Hall.