



PATRIOT WRESTLING CAMP

Where: Gym B at PARKWAY SOUTH HIGH SCHOOL

When: May 31-June 3:

Grades: 4-7

1:00-3:00 p.m.

Grades: 8-12

9:00-12:00

12:00-1:00 Lunch Break (*campers should bring a sack lunch*)

1:00 -5:30 p.m.

Cost: \$60

Goal: The camp is designed to engage wrestlers in a positive, competitive, and fun atmosphere while focusing on individual and team wrestling skills. The camp will focus on all major aspects of folkstyle wrestling technique, proper drilling, and conditioning. Boys should come to camp dressed and ready to wrestle (Athletic shorts, wrestling shoes, running shoes, t-shirt).

Camp Director: Jim Lake, Head Wrestling Coach

Assistant Camp Directors: Nick LoBosco, Asst. Coach, Jahaan Ashfaq, Asst. Coach, Tom Dailey, Asst. Coach

For further information contact Coach Lake at: jlake@parkwayschools.net

www.psouthwrestling.ihigh.com

PARKWAY SOUTH WRESTLING CAMP

Coach Jim Lake

801 Hanna Road

Manchester, MO 63021

Name: _____ Telephone: _____

Address: _____

Email: _____

Grade next fall: _____ Adult T-shirt size: SM M L XL XXL

(please make check payable to Takedown Booster Club)