

Camp Address: Nevada High School, Wrestling Room, 1001 15th St. Nevada, IA 50201

Camp Grades: K-8

Camp Schedule All Days

- 7:30am-8:30am Running/Cross-Training
8:30am-9:00am Snack/mental coaching
9:00am-11:00am Technique Session #1
11:00am-Noon Hard drilling/live wrestling
Noon-1:00pm Lunch/Recovery
1:00pm-3:00pm Technique Session #2
3:00pm-5:00pm Hard drilling/live wrestling

Cost: \$35 mail-ins per wrestler (due July 21st)
\$45 walk-ins per wrestler

Camp shirt provided to all who register by July 21st
Snacks provided, campers responsible for bringing their own lunch.

Camp Technicians:

August 10th—Paul Reedy

Ass. Head Coach— Grandview University

August 10th—Grant Henderson

Full Time Ass. coach— Grandview University

3x NAIA All- American

2x NAIA National Champion

August 11th—Dwight Hinson

Head Coach-Team Intensity CIWC

4x NCAA All-American

3x Big 12 Champion

INDIVIDUAL WRESTLER FORM - THIS FORM MUST BE FILLED OUT BEFORE YOU CAN WEIGH-IN/WRESTLE

CUT AND MAIL-IN

Name: Address:
City: State: Zip: Grade: Shirt Size:
Cell Phone: Email Address:

I certify my child has been cleared by a physician and hereby give my permission for any and all activities involved in the ECS Summer Camp. I further waive any legal action against ECS Wrestling Club, Host Schools and its employees for injuries my child may incur.

Parent's Signature: Date: Emergency Contact:
Parent's Cell phone number in case of emergency: Emergency Phone:

Camp Phone number— 515-291-0853| Camp Email Address— houstonj29@yahoo.com



Make checks payable to: ECS Wrestling Club

Please mail all entry fees and camp waivers to:

Attn: Bre Klaas ECS Wrestling, P.O. Box 134, Nevada, Iowa 50201

