

Bruin Wrestling Lil Guy Camp

June 26,27,28

- Camp is held in the Capital High Wrestling Room (Capital High- 100 Valley Drive)
 - Camp is available for incoming youth in 1st to 8th grade.
 - Camp Hours: 11:00 A.M. – 12:30 P.M.
 - Cost: \$65 per participant (\$45 per additional sibling)
 - Please make check payable to Bruin Wrestling Club.
 - Please mail registrations and payment to:
 - Shawn Graham – 7653 Applegate Dr., Helena, MT 59602
- Camp is administered by Head Wrestling Coach – Shawn Graham and Bruin Wrestling Staff.
- Athletes will be presented with fundamental Folkstyle wrestling techniques. Safety and technique will be the main emphases in neutral, top, and bottom positions. The camp will include technique-practice and application through controlled live situations. Athletes will also be exposed to functional fitness conditioning throughout the camp.

Bruin Wrestling Camp

Name of Youth _____ Age _____ Weight _____
Address _____ City/ State _____ Zip _____
Shirt Size (please check one): Youth XS ___ S ___ M ___ L ___ or Adult S ___ M ___ L ___ XL ___

In case of injury or illness, necessary emergency treatment is authorized as indicated below:

Insurance Company _____ Policy Number _____

I hereby release Bruin Wrestling Club and staff from any and all liability and injuries or illness incurred while in Bruin Wrestling Camp. In case of illness or injury incurred while in camp, I AUTHORIZE THE SAID CAMP TO ACT FOR ME IN ANY MEDICAL EMERGENCY, ACCORDING TO THEIR BEST JUDGMENT.

Legal Guardian Printed Name _____ Cell _____

Signature _____ Date _____

For any additional information or questions, please email at shawngraham1108@outlook.com