

# Manawa Wrestling Clinic

*"TRAIN LIKE A WOLF"*

**June 25<sup>th</sup> - 28<sup>th</sup> 2018 Manawa HS**

**Place:** 515 E. 4<sup>th</sup> Street, Manawa, WI 54949

<u>Dates and Clinic Sessions</u>	<u>Grades K-2<sup>nd</sup></u>	<u>Grades 3<sup>rd</sup>-4<sup>th</sup></u>	<u>Grades 5<sup>th</sup>-12<sup>th</sup></u>
Monday, June 25 <sup>th</sup>	12:30-1:30 PM	1:30-2:45 PM	3:00-4:30 PM
Tuesday, June 26 <sup>th</sup>	12:30-1:30 PM	1:30-2:45 PM	3:00-4:30 PM
Wednesday, June 27 <sup>th</sup>	12:30-1:30 PM	1:30-2:45 PM	3:00-4:30 PM
Thursday, June 28 <sup>th</sup>	12:30-1:30 PM	1:30-2:45 PM	3:00-4:30 PM

**Camp Cost:** The cost for each camper is \$10. This will go toward a T-Shirt that will be provided on the final day of the camp to all campers who got their information turned in by the deadline. Please bring your own hydration each day. **Make all checks payable to MANAWA SCHOOL DISTRICT**

**Contact:** Brad Johnson Cell (920) 740-3825 Email: bjohnson@manawaschools.org

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## Camp Philosophy & Goals:

This camp is aimed to increase wrestling knowledge and begin to build the mind and mentality of a wrestling champion. A 'Champion' is often measured in wins and losses but in our program a 'Champion' is crowned when our wrestlers bring their God given abilities to our practice room and attempt to get the most of their bodies physically, mentally, and spiritually. Manawa wrestlers will commit to a way of life which will make them a 'Champion', not because they won 200 matches or a state title, but because they knew every single moment of every single day they gave it their all for what they believed in.

Each session has its own individual difference per the ability and age of the wrestlers. During the first session wrestlers will learn to stay heavy on their opponent and take advantage of conditioning and skill on their feet to be a force from the neutral position. In the second session wrestlers will learn how to break down and pin their opponents with aggressive moves and techniques. They will also learn various techniques from the bottom with a mentality of holding strong and then seize the opportunity given by their opponent. This combination of clinic sessions will give all of our programs wrestlers a solid base to build on next season and for the rest of the summer.

**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_ **Grade (Fall 2018):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**T-Shirt Size (circle):** YS YM YL AS AM AL XL XXL XXXL

**Health Issues of Concern:** \_\_\_\_\_

**Emergency Contact Person:** \_\_\_\_\_

**Relation to Athlete:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Signed (parent/legal guardian):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print Parent's Names:** \_\_\_\_\_ **Parent Contact:** \_\_\_\_\_