



## Governor Wrestling Registration 2016 Summer Wrestling Series



*Wrestler's Name:* \_\_\_\_\_ *Date of Birth:* \_\_\_\_\_

*Age as of January 1<sup>st</sup> 2016:* \_\_\_\_\_ *Grade During 2016-17 School Year:* \_\_\_\_\_

*Age Division next year:*

\_\_\_\_\_ *Tots (6-Under), Bantam (7 & 8) or Midget (9 & 10)*

\_\_\_\_\_ *Novice (11 & 12), Schoolboy (13 & 14), Cadet (15 & 16) & Junior (17 & 18)*

*Name of Primary Parental Contact:* \_\_\_\_\_ *E-mail:* \_\_\_\_\_

*Home Phone:* \_\_\_\_\_ *Cell Number:* \_\_\_\_\_

By signing this document I agree to hold harmless the Governor Wrestling Association and the Pierre Public Schools, its participants, volunteers and sponsors, for any and all injuries sustained during practice or tournaments. I am aware that this is a physical sport and I am allowing my child-(ren) to participate.

\_\_\_\_\_ *Parent/Guardian Signature*

\_\_\_\_\_ *Date*

### Summer Wrestling Series & Camp Schedule

Each practice throughout the summer will follow a common schedule (noted below) designed by the designated coaches for each group. Additionally, the coaches have identified the key areas that will be addressed during each of the various sessions to target continued improvement for wrestlers in the youth program. Please also note those dates identified in Blue which will represent camps when our outside clinicians will be here, and the times for each group assignment can be found below. Reminders will be sent out periodically to keep all members aware of the schedule throughout the summer. The calendar and schedule will include:

***Practice Session Schedule***

- 12:00-12:15 – Warm-up/Acrobatics/Common Drills
- 12:15 – 12:35 – Drilling/Technique Session
- 12:35 – 12:40 – Break
- 12:40 – 12:55 – Live Situation Wrestling
- 12:55 – 1:05 – Live Wrestling – 3 ½ minute Matches
- 1:05-1:15 – Games/Cool Down Activities

***Designated Camp Times (Noted in Blue)***

- Tots/Bantams/Midgets:* 1:00-3:00
- Novice and Older:* 3:00 – 5:00

***Summer Schedule***

***Month***

***Focused Skill/Technique***

May

25<sup>th</sup> & 26<sup>th</sup>

Aho (UMary)Camp

<i>June</i>	1 <sup>st</sup> ()	Single Leg Set-ups & Finishes
	8 <sup>th</sup> ()	Wrist Rides and Tilts
	15 <sup>th</sup> ()	Escapes and Wrist Control
	23 <sup>rd</sup> & 24 <sup>th</sup>	Kokesh (Nebraska) Camp
<i>July</i>	29 <sup>th</sup> ()	Wizzer & Front Headlock
	6 <sup>th</sup> ()	Leg rides & top position
	13 <sup>th</sup> & 14 <sup>th</sup>	Bono & Reader (SDSU) Camp
	20 <sup>th</sup> ()	Tight Waist & Spiral Rides
<i>August</i>	27 <sup>th</sup> ()	High Crotch & Doubles
	8 <sup>th</sup> & 9 <sup>th</sup>	Lewis/Kalda (Governor) Camp

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