

Tiger Wrestling Camp 2018
Monday to Wednesday, July 9-11
Ages 6 to incoming Freshmen

Location: Helena High School Wrestling Room

Time: Session 1 10 a.m.- Noon
Lunch Noon – 12:30p.m. (athletes will supply their own sack lunch)
Session 2 12:30-2:30 p.m.

Instructors: Coach Sam Bogard-Head Wrestling Coach Helena High School and the rest of the Bengal Staff along with Bengal wrestling team.

Cost: \$60 per wrestler. Make checks payable to **Tiger Wrestling Camp**.

Mail application and check to:

Tiger Wrestling Camp c/o Sam Bogard
P.O. Box 23, East Helena, MT 59635

Any questions email Sam Bogard bengalwrestling@outlook.com

Camp Philosophy: Athletes will be exposed to folkstyle wrestling technique in the neutral, bottom, and top positions. We will focus on small details that will improve their performance. The athletes will be allowed to practice the technique and then apply the technique to live wrestling situations. The athletes will also be exposed to some conditioning techniques.

Tiger Wrestling Camp 2018 Application

Name of Wrestler _____ Age _____ Weight _____

Address _____ City/State _____ Zip _____

Circle Shirt Size: YS YM YL AS AM AL AXL

In case of injury or illness, necessary emergency treatment is authorized.

Insurance Company _____ Policy Number _____

I hereby release the Tiger Wrestling Camp and staff from any and all liability and injuries or illness incurred while in 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.

Signature _____ Cell _____ Date _____