

2008
ROCKFORD "INTENSIVE" WRESTLING CAMP
(7TH - 12TH GRADES)

***"INTENSITY IS A
NECESSITY"***

When: June 23rd – 26th, 2008 (Monday – Thursday)

Time: 9:30 am. – 3:00 pm.

Where: Rockford High School Wrestling Room.

Clinicians: Craig Shutich, Rockford H.S. Coaches, and CMU Wrestlers
yet to be confirmed.

Registration Fee: \$135.00 by June 12th.

Check in Time: 7:30 – 8:30 am on Monday, June 23rd.

(Camp provides lunch and T-shirt)

Sign up now for space is limited: Make checks payable to Don Rinehart and mail
completed form to:

Don Rinehart
Rockford High School
4100 Kroes
Rockford, Michigan 49341
Phone 616-866-2482

Schedule:

9:30 – 11:30 am. Conditioning, Technique, & Intense Drilling.

11:30 – 12:30 pm. Lunch

12:30 – 3:00 pm. Technique, & Live Wrestling

I hereby authorize the staff of the Rockford Wrestling Intensive Camp to act for me in the event that medical treatment is needed, and hereby release the Coaching Staff, Rockford High School, and all others who are involved in putting this successful camp together, for any and all liability claims. I attend this camp at my own risk and as such I am responsible for any and all liability claims.

Print Name _____ Phone _____

Grade: _____ Actual Weight _____

Signature: _____ Date: _____

Parents Name: _____

Parent Signature: _____ Date: _____

Please circle shirt size listed below:

Youth L Youth XL Adult Small Medium Large X-Large 2X Large