

# Carbondale Summer Wrestling Camp



June 17-20<sup>th</sup>, 2013

*Clinicians:* Pat McNamara, 3x All-American at Michigan State, Head Coach, Edwardsville Wrestling Club  
Dennis Ragan, Head Coach, Carbondale H.S.  
Jerry Richards, Assistant Coach, Carbondale H.S.  
Jared Ragan, Coach, Carbondale Jr. program, Lindenwood University-Belleville team member

*Location:* Carbondale High School gym

*Schedule:*

Monday	whole day, Pat McNamara, high school and Jr. wrestlers
	9 am – 12      Session I
	12 – 1 pm      lunch - available for purchase
	1 pm – 3 pm    Session II
Tuesday	9 am – 12      Jr. wrestlers
Wednesday	9 am – 12      Jr. wrestlers
Thursday	9 am – 12      Jr. wrestlers

Sessions will focus on technique from the neutral, top, and bottom positions and will include some live wrestling. Clinicians will also share advice on the mental aspects of wrestling and off-mat training.

*Cost:* High School                      \$25 Mon.  
Jr. Wrestlers (3<sup>rd</sup> – 8<sup>th</sup> grade)    \$75 Mon. – Thurs.  
Make checks payable to Carbondale Wrestling Club

*Mail registration form and payment to:*

Karl Williard  
42 Pineview Drive  
Makanda, IL 62958

*Registration limited to the first 75 wrestlers who sign up*

*Questions:* Karl Williard, 618-534-5965 (c), Email: williard@siu.edu

## Registration Form

Name:

Grade in Fall 2013:

Age:

Weight:

Wrestling Club or Team:

Address:

City:

Primary Phone:

Email:

Emergency contact and phone number:

### Disclaimer/Waiver

I/we give permission for my/our child, named above, to participate in the Carbondale Summer Wrestling Camp and verify that the child has had a recent medical examination and is able to engage in strenuous physical activity. I/we hereby agree that the Carbondale Wrestling Club, its members, coaches, or officers, and the Carbondale C.H.S.D No. 165 and its coaches shall not be liable for any injury or loss which my child or children may sustain while participating in activities of any kind, whether sponsored by or under the supervision of Carbondale Wrestling Club and I/we agree to indemnify and to hold harmless the Carbondale C.H.S.D. No. 165, Carbondale Wrestling Club and its members, coaches, officers or designates of any kind from any claim whatsoever.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_