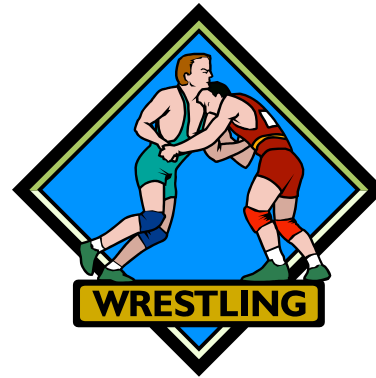


State Champ



WRESTLING CAMP



Send your registration or contact
for more information:

Chris Haines

Millbrook High School

251 First Woods Drive

Winchester, VA 22603

540-545-2800 ext. 41111

hainesc@frederick.k12.va.us

WWW.MILLBROOKMADMEN.ORG

Enclosed is my tuition of \$125.00 for the Millbrook State Champ Wrestling Camp. I give my consent and approval to the participation of my son in this wrestling camp. I certify he is physically fit to take part in all the activities. I also agree that the tuition will **NOT** be refunded under any circumstance. I pledge his compliance to all camp rules.

Date _____ Parent Signature _____

Make checks payable to Millbrook High School. Due no later than June 12, 2009.

Mail to: Coach Chris Haines

Millbrook High School

251 First Woods Drive

Winchester, VA 22603

State Champ Wrestling Camp

July 6-10, 2009
9am-4pm
Millbrook High School
Grades 8-12

Objectives: Our goal is for each camper to learn basic wrestling skills and the most current techniques taught by our experts. In addition, we will stress the importance of self-discipline and mental toughness necessary to achieve personal success. We want each camper to understand that wrestling is a multifaceted sport for which all phases of preparation are necessary to become a champion. Basic skills, repetitive drilling, aerobic conditioning, weight training, proper nutrition, goal-setting, stress and anxiety control are all emphasized at this camp.

Hours: 9am-4pm- No camper should be in the building before 8:45 and each camper should be picked up by 4:15.

Lunch: Each camper needs to provide a lunch for themselves-pack nutritional energy foods and water.

Dress: It is recommended that you have two sets of clothes for each day. You must have wrestling shoes and proper running shoes daily.

T-shirts: Each camper receives a camp t-shirt upon completion of the camp.

Cost: The fee for the camp is \$125.00. Final payment is due no later than June 12, 2009, because of acquiring coaches and ordering T-shirts.

Odds and Ends: This camp is for the serious, dedicated wrestler. In five days you will learn how to train to reach a level of superior shape and technique to overcome your opponents. This camp is not designed for the first year wrestler-you must come to camp in shape!

The camp staff will include local coaches, former wrestlers from the local high schools, former and current Division I and II wrestlers, and former college coaches.

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WARNING

This is a very intensive camp



Wimps need not apply!

2009 Registration Form-Millbrook State Champ Wrestling Camp

Name: _____
Address: _____
Phone# _____

City: _____ State: _____ Zip _____ Age: _____
Grade-Next Year: _____ School-Next Year: _____ Weight _____

Circle T-shirt Size: (Adult) S M L XL

Parents'/Guardians' Name(s): _____ Daytime Phone #: _____

*All participants must be covered by medical insurance

Insurance Company: _____ Group#: _____ Policy#: _____

If you wish to purchase school insurance, Please call 545-2800 for the necessary forms.