

2019 WILDCAT WRESTLING TEAM CAMP

Beginners Camp: Monday, July 8 through Thursday, July 11
4:30—6:00pm each day, for novice wrestlers and youth
wrestlers; minimum age is 6 years old; children who will be
in Kindergarten or 1st grade in the 2019-20 school year must
have adult supervision

Advanced Camp: Monday, July 8 through Thursday, July 11
6:30—8:30pm each evening, for high school wrestlers,
experienced middle school wrestlers, and experienced youth
wrestlers

****All Louisburg Wrestlers are invited to register for the Sunflower State
Games, which will be held Saturday, July 13, at the Kansas
ExpoCenter.**

Location: Louisburg High School main gym

Contact: Bobby Bovaird, LHS Head Wrestling Coach
(913) 424-0999 (cell)
bovairdr@usd416.org

Cost: \$40 (includes shirt, insurance)
Please make checks payable to **CDWCK**

Objectives: To teach and practice the wrestling skills, techniques, and
philosophy of the Louisburg Wildcats Wrestling squad; build
team unity at all age levels; reinforce fundamental wrestling skills.

Please fill out the following form, detach, and mail with \$40 check to: *Bobby Bovaird, Head Wrestling Coach*
1311 N 1st St. East

DEADLINE: JULY 1, 2019



Name: _____ **Parents' Names:** _____

Parents' / Family Email Address: _____

Emergency Contact Name / number: _____ (cell / work / home)

School attending in 2019-20: _____ **2019-20 Grade:** _____

Camp	<input type="checkbox"/>	Beginners (4:30-6:00pm,	<input type="checkbox"/>	Advanced (6:30-8:30pm,		
Attending:		7/8-7/11)		7/8-7/11)		
Shirt Size:	<input type="checkbox"/>	Youth Medium	<input type="checkbox"/>	Small	<input type="checkbox"/>	Large
	<input type="checkbox"/>	Youth Large	<input type="checkbox"/>	Medium	<input type="checkbox"/>	XL

Date of Birth: _____ **Years Experience:** _____ (**not** including the 2018-19 season)

RELEASE OF LIABILITY: In consideration of the 2019 Wildcat Wrestling Team Camp, I grant the student permission to participate in the camp. I hereby assume all risk of his / her personal injury that may result from Wrestling Camp activity. As parent / guardian I do hereby release Louisburg USD 416 and all instructors and all participants from said Wrestling Camp program from all liability for injury that may result from the student taking part in Wrestling Camp activities. Camp insurance is sponsored by Carpe Diem Wrestling Club of Kansas (CDWCK).

This activity is not sponsored by Louisburg School District USD 416 and the school district is not responsible for any loss or injury resulting from participation in the activity or observing the activity.

Parent / Guardian Signature

Date

Please return to Coach Bovaird by **July 1, 2019**

How do I choose which camp session my child should attend?

All wrestlers grades 7-12 should plan on attending the Advanced Camp.

<u>Beginners Camp</u>	<u>Advanced Camp</u>
<i>My child has never wrestled before My child will be in kindergarten, 1st, or 2nd grade next year</i>	<i>My child has 3+ years of experience My child has qualified for / placed at state</i>

If your child has three or more years of experience with wrestling, then he may be well suited at either camp. It largely depends on the wrestler's age, maturity level, camp expectations, and availability of practice partners. You can make your decision when we get closer to the camp dates. Please feel free to contact me for advice.

If your child is younger, but he has had success at the state level, then he may be better suited with the Advanced Camp.

At the Beginner Camp, we will address the fundamentals of the sport of wrestling. My number one goal with this camp is to hook the wrestlers and to teach them the basics. I want them to enjoy being on a mat, wrestling with a partner, and learning the sport itself. High school wrestlers will help run these camp sessions, and I try to have at least one high school wrestler working with each group of beginner wrestlers. Here is the typical schedule for each beginner session:

- *25 minutes—Warm-up / calisthenics*
- *45-55 minutes—Neutral / Top / Bottom techniques: instruction (steps in the technique), practice (repetition of the move), and application (live situations)*
- *35 minutes—Wrestling games, wrap-up of the session*

What does my child need to bring?

- *Wrestling shoes (or socks – no street shoes on the mats)*
- *Headgear (optional)*
- *Shorts and t-shirt (no zippers or jeans)*
- *Water bottle*