



# Patriot Wrestling Camp

**Where:** Gym B at PARKWAY SOUTH HIGH

<b>When:</b>	<i>Camp 1:</i>	<b>June 1-4</b>	Grades 4-8	1:00-3:00
			Grades 9-12	3:00-5:30

<i>Camp 2:</i>	<b>July 19-23</b>	Grades 4-8	1:00-3:00
		Grades 9-12	3:00-5:30

**Cost:** \$65 for 1 camp, or \$110 for both camps

**Goal:** The camp is designed to engage wrestlers in a positive, competitive, and fun atmosphere while focusing on individual and team wrestling skills. The camp will focus on all major aspects of folkstyle wrestling technique, proper drilling, and conditioning. Boys should come to camp dressed and ready to wrestle (Athletic shorts, wrestling shoes, running shoes, t-shirt).

**Camp Director:** Jim Lake, Head Wrestling Coach

**Assistant Camp Directors:** John Hanau, Asst. Coach, Tom Dailey, Asst. Coach

For further information contact Coach Lake at [jlake@pkwy.k12.mo.us](mailto:jlake@pkwy.k12.mo.us)

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**PARKWAY SOUTH WRESTLING CAMP**

Coach Jim Lake  
801 Hanna Road  
Manchester, MO 63021

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Camp 1 \_\_\_\_\_ Camp 2 \_\_\_\_\_ Both \_\_\_\_\_

Grade next fall: \_\_\_\_\_ Adult T-shirt size: SM M L XL XXL

(please make check payable to **Takedown Booster Club**)