

So, you wanna be a Hayes Wrestling?



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2007

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TEAM COBRA

1828 2007

Dempsey Days



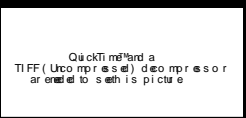
This summer camp is designed to create unity and cohesiveness... the Delaware Westling family programs... Team Cobra, Dempsey Jr. High, and Hayes High School. The oldest sport in the world, wrestling teaches the discipline, work, sacrifice, and competitive edge it takes to succeed in life. It's fun! A lot of that fun comes from success on the mat. The key to success is mastery of basic maneuvers. The Hayes High School program calls these essential wrestling moves...

**Technique Package** — a series of connected, basic, and safe moves that arm all wrestlers to succeed in all positions. This is what is taught through individual and group instruction, drilling, and competitive games.



Every Mon., Tues., Wed. and Thurs. from June 21<sup>st</sup> to 28<sup>th</sup> (2 weeks, 8 sessions) 11 am-1 pm \$50 per camper. Includes a daily Gatorade, t-shirt, and all instruction. In the Dempsey Jr. High Gym\* All those interested in wrestling who are 5-13 years old. The camp is limited to kids who'll attend Hayes Wrestling Campers should wear appropriate workout gear—shorts and t-shirt. Westlings hoos and hee are strongly recommended, but not required.

I'll see you on the mat!



Hayes Wrestling

**The Staff:**

**Josh Hfferman**

Head Coach, Hayes HS 1999 NCAA Nat'l Qualifier Ohio University Westling 1994 I LHS State Runner-Up I L Jr. National Team (FS)

**Kevin Renan**

Asst. Coach, Hayes HS 2000 HS State Medalist (5 not 3 x HS State Qualifier Ohio Jr. National Team (GR)

**Ben Trinkle**

Asst. Coach, Hayes HS Capital University Westling HS State Qualifier

**Dick Snfilipo**

Team Cobra Head Coach

**Hayes Wrestling**

Contact Josh Hfferman with questions or concerns. P: (740) 833-1010, x4453 E: hfferjo@cs.kl2.oh.us

At Home

**Delaware Westling Summer Camp**

Wrestler(s) \_\_\_ Age \_\_\_ Grade \_\_\_ Weight \_\_\_ T-Shirt Size \_\_\_

\_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_

Parent(s) Name(s) \_\_\_ Phone \_\_\_ Email \_\_\_

Address \_\_\_

Emergency Contact Name (other than above) \_\_\_ Phone \_\_\_

I/We as parent(s) and/or legal guardian(s) of \_\_\_\_\_ do hereby, agree to waive all liability for the Delaware City School District, Hayes High School, the Pacer wrestling staff and instructors, and any other mishap which might befall the above named participant(s) while traveling to, from, or participating in the camp activities.

Parent(s) or Guardian(s) signature \_\_\_ Date \_\_\_

Mail the bottom half of this registration form with money (checks payable to Hayes High School Athletic Department) to Hayes High School, 289 Euclid Ave Delaware, OH

**Delaware Hayes High School, attention Team Cobra Wrestling Camp, 289 Euclid Ave Delaware, OH**

\*Directions to Dempsey Middle School on back