



# DRAGON JUNIOR HIGH

## Summer Wrestling Camp

**June 13-18, Sun.-Fri., 4:00-6:00pm**



**The Camp:**

This summer camp is designed to create unity and cohesiveness within the Delaware Wrestling family of programs—Team Cobra, Dempsey Jr. High, and Hayes High School.

The oldest sport in the world, wrestling teaches the discipline, hard work, sacrifice, and competitive edge it takes to succeed in life...and it's fun! A lot of that fun comes with success on the mat. The key to that success is mastery of basic wrestling maneuvers. The Hayes High School program calls these essential wrestling moves the Core Technique Package—a series of connected, basic, and safe moves that arm all wrestlers to score from all positions. This is what will be taught through individual and group instruction, drilling, and competitive games.

**The Details:**

**Dates:** Sunday June 13-Friday June 18, 2010

**Times:** 4-6pm

**Cost:** \$55 per camper. Family packages available: \$90 for 2, \$115 for 3, etc. Includes a daily drink, a t-shirt, end-of-camp tournament, and all instruction.

**Where:** Hayes HS Wrestling Room

**Who:** All those interested in wrestling who are going to be in 7<sup>th</sup>/ 8<sup>th</sup> grade in the fall of 2010.

**What to Bring:** Campers should wear appropriate workout gear—shorts and t-shirt



**The Staff:**

**Josh Heffernan**

Head Coach, Hayes HS;  
1999 NCAA Nat'l Qualifier;  
Ohio University Wrestling 1994-1999 2 x Captain, MVP;  
1994 IL HS State Runner-Up;  
IL Jr. National Team (FS)

**Kevin Rieman**

Asst. Coach, Hayes HS  
3x HS State Qualifier, 5<sup>th</sup> '01  
Ohio Jr. National Team (GR)

**Shawn Gray**

Asst. Coach, Hayes HS

**Ben Trimble**

Asst. Coach, Hayes HS

**Nick Hauff**

Dempsey Asst. Coach

**Josh Lamb**

**Hayes HS Wrestlers**

Contact Josh Heffernan with questions or concerns.

P: (614) 214-1071

E: hefferwi@dcs.k12.oh.us

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**Delaware Wrestling Summer Camp**

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

Parents' Names \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Address \_\_\_\_\_  
 Emergency Contact Name (other than above) \_\_\_\_\_ Phone \_\_\_\_\_

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

Parents or Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

Mail the bottom half of this registration form with money (checks payable to **Pacer Mat Backers**) to:

**Josh Heffernan, Dragon Wrestling Camp, 289 Euclid Ave Delaware, OH 43015**

