

REGISTRATION (please print)

Camper’s name

Parent Daytime phone #

Parent Mailing Address

City State Zip

Parent EMAIL

School

T-Shirt Size: YS YM YL S M L
XL XXL (Circle One)

Please Check Camp Choice :

__ Youth Camp June 12-15 \$40

__ Jr. High Camp June 12-15 \$75

__ Meal Plan (Lunch) \$40

Please make checks payable to:
NORMAL WEST WRESTLING

Send to: Adam Richards, 501 N.
Parkside Rd., Normal, IL 61761

RULES

Campers must abide by the rules and regulations of the Normal West Wrestling Camps. Campers are required to attend all sessions and activities. Any serious violations, damage to Normal West Camp Property, or other behavior deemed detrimental to the group will result in immediate dismissal. There will be no refund of fees upon expulsion, injury, “No Shows” or voluntary withdraw of camps.

TRANSPORTATION

All campers will be responsible for providing their own transportation to and from the camp.

PARENT AUTHORIZATION

I assume responsibility for any and all medical or other charges which are a result of attendance at the camp, and I authorize the staff of the Wildcat Camp to act for me to the best of their judgment in any emergency requiring medical attention. I also understand that the camp, its staff, and Unit 5 will not be held responsible for any or all liability for injuries or illnesses which may result while participating as part of the camp.

Parent/Guardian Signature Date

**2017 NORMAL WEST “WILDSTYLE”
WRESTLING CAMPS
Jr. High/Youth**



I would like to take this opportunity to invite you to attend the 2017 Normal West Wildcat Wrestling Camp. You will have the opportunity to learn up-to-date wrestling technique while also getting extra summer competition and training. The staff and I are looking forward to working with you to improve your skills and your performance. We hope to see you in June!

ADAM RICHARDS, CAMP DIRECTOR - Head Wrestling Coach at Normal West High School

- 2012 IWCOA Class AA Coach of the Year finalist
- 2006, 2012 WHOI Class AA Coach of the Year
- '98, '99, '00, '01, '02, '03, '04, '05, '06, '08, '09, '10, '11, '12, '13, '14 Big 12 Champion
- '99, '00, '01, '02, '03, '04, '05, '06, '08, '12, '13, '14 Regional Champion
- 2012 Class AA 3rd Place Team
- Coached 20 IHSA State Placewinners

Our camps are designed for wrestlers of all skill levels who want to improve to a championship level. Sound technique, instruction, training and live competition will be featured. Our camps will help your wrestler build towards a successful next season!

WHO CAN ATTEND?

Youth Camp.....Grades K-5
Jr. High Camp.....Grades 6-9
*all grades are for the '17-'18 school year

WHAT IS THE SCHEDULE?

Application and Payment Deadline to receive a t-shirt.....May 15th (NON-REFUNDABLE)
On-site registration is permitted, but early enrollment is preferred to better meet the needs of the wrestlers

Jr. High Camp

9:00-11:00am Technique
11:00-12:00 Break/Lunch
12:00-2:00pm Technique/Live

Youth Camp

2:30-3:30pm Technique

REGISTRATION TIMES

Jr. High Camp: Mon., June 12th, 8:30-9 am
Youth Camp: Mon., June 12th, 2-2:30 pm

CAMP DESCRIPTION

YOUTH CAMP/JR. HIGH CAMP

Many times the beginning wrestlers learn moves and holds in unrelated fashion, and there is no real underlying system or philosophy to the instruction. This camp is different! It is designed to give the younger wrestler the fundamentals that are critical for success, as well as teach them a system. Wrestlers will learn how to drill correctly. Wrestlers will also learn the vital importance of stance, hip position, and the techniques that all champions must have. Skills such as set-ups, proper leg attacks, finishes, and the front headlock will be mastered. Other techniques will be discussed. However, because most championships are won on the feet, takedowns will be the focus.

WHAT SHOULD I BRING?

Clean workout clothes daily (Jr. High campers may want to bring an extra set each day to change between sessions), wrestling shoes, Jr. High campers will need a sack lunch, money for snacks/ Gatorade. You can order a meal plan that will consist of a sandwich, side, and drink.

CAMP COUNSELORS

NORMAL WEST COACHING STAFF

- ADAM RICHARDS** - Head Coach
ANDREW CHILDS - Assistant Coach
GREG SPENCE - Assistant Coach
MARCUS RANGEL - Assistant Coach
JIM ACCETURA - Assistant Coach
TYLER MARTIN - Assistant Coach

Current Normal West Wrestlers will also serve as Camp Counselors during all 2017 camps

