

“SST”

Scott Schmitz Trained Wrestling Camp

Dates: June 13,14,15,16 2016
Times: Ages: k-2nd 8:00-9:00 am
Ages: 3rd-4th 9:05-10:15 am
Ages: 5th -8th 10:30-11:45 am
Cost: Ages: K-8th \$50.00*Price Includes Camp T-Shirt

Where: Mineral Point High School Gym
Contact Info: Scott Schmitz - (608)-574-9564 or
scott.schmitz@mp.k12.wi.us

Camp Philosophy

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 wrestlers the fundamentals that are critical for success, as well as teaching them a system. Wrestlers 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. However, because most championships are won on the feet, takedowns will be the main focus.

Hard Work Equals Success!

Name _____ E-Mail _____

Address _____ City _____ State _____ Zip _____

Phone Number(____) _____ - _____ Age _____, Grade going in to _____
School _____

Emergency Contact Person/Number _____ T-Shirt size _____

Send to: Scott Schmitz
1251 West Lake Rd
Mineral Point WI 53565

Make Checks payable to Scott Schmitz
(Please do not mail after May 31st)
****YOU CAN REGISTER AT THE DOOR!**