

2016 GRAPPLERS WRESTLING CAMP

-APPLICATION FORM-

Name: _____

Address: _____

Home Telephone # _____

Cell Phone # _____

Email: _____

Grade in 15/16: _____ Age: _____

Weight: _____

Circle one Shirt Size: YM YL YXL AS AM AL AXL AXXL

Please Check Applicable Camp Rates

Before June 1st \$175 _____

After June 1st \$185 _____

I hereby authorize the agents of Grapplers Wrestling Camp to act for me according to his/her best judgment in any emergency requiring medical attention. I hereby release and discharge the Berkeley Heights Public Schools, camp staff, affiliated entities and their officers, employees from and against any and all liability or causes of actions arising out of or in connection with my or my child's participation in camp.

Parent/Guardian Signature

Please Make Checks Payable to:

Grapplers Wrestling Camp

Mail Application and Check to:

Grapplers Wrestling Camp

6 Wilshire Way Clark, NJ 07066

**Grapplers Wrestling Camp
175 Watchung Blvd.
Berkeley Heights NJ, 07922**

**GRAPPLERS
WRESTLING
CAMP**



JULY 11th-July 14TH

**GOVERNOR
LIVINGSTON HS.**

175 WATCHUNG BLVD.

**BERKELEY HEIGHTS, NJ
07922**

In the Red Gym

Grapplers Philosophy

Grapplers wrestling Camp is designed for wrestlers of all ages and experiences. Participating wrestlers will improve their fundamental skills, learn new technique, and engage in live wrestling. Age appropriate wrestlers will also be instructed in strength and conditioning techniques specific to the sport of wrestling. Camp time will also be devoted to general recreational activities to maintain an enjoyable summer camp atmosphere.

Camp Director

RICK ORTEGA

- Head Coach, Governor Livingston High School
- 2013 Union County Coach of the year
- 2015 District 12 Coach of the year
- Former Head Coach Arthur L Johnson High School
- Former Assistant Coach Middlesex County College
- 1993 NJ State Champ

Assistant Camp Director

Dan Hilt

- Assistant Coach Governor Livingston HS
- 4yr starter Rutgers University
- 6th place EIWA
- 3x NJ State Place Winner
- Co-Owner Yale Street Wrestling Club

EQUIPMENT

All wrestlers are expected to bring workout clothing , headgear, and wrestling shoes. Tennis shoes should be worn to the facilities and a water-bottle and snack should be brought on a daily basis.



CAMP SCHEDULE

- 8:30-8:50 Warm-Up/Stretching
- 8:50-9:50 Wrestling Instruction
- 9:50-10:30 Situations/Live Wrestling
- 10:30-11:15 Game/Snack
- 11:15-12:15 Wrestling Instruction
- 12:15-12:30 Cool Down/Talk

AGES

7-14

FEES

Early Registration: \$175

After June 1st \$185

-Application and Payment must be received by June 1, 2016 for early registration.

*** FEES INCLUDE A CAMP T-SHIRT**

CANCELLATION POLICY

All requests for cancellations must be made in writing to the mailing address in the application. All monies paid, minus a \$75 administration fee, will be refunded provided the written request is made two weeks prior to the first day of camp. No refund will be provided for cancellations made within two weeks of the first day of camp.