



Governor Wrestling Registration 2019 Summer Wrestling Series



Wrestler's Name: _____ **Date of Birth:** _____

Age as of January 1st 2019: _____ **Grade During 2019-20 School Year:** _____

Age Division next year:

_____ **Tots (6-Under), Bantam (7 & 8) or Midget (9 & 10)**

_____ **Novice (11 & 12), Schoolboy (13 & 14), Cadet (15 & 16) & Junior (17 & 18)**

Name of Primary Parental Contact: _____ **E-mail:** _____

Home Phone: _____ **Cell Number:** _____

By signing this document, I agree to hold harmless the Governor Wrestling Association and the Pierre Public Schools, its participants, volunteers and sponsors, for any and all injuries sustained during practice or tournaments. I am aware that this is a physical sport and I am allowing my child(-ren) to participate.

Parent/Guardian Signature

Date

Summer Wrestling Series & Camp Schedule

Each practice throughout the summer will follow a common schedule (noted below) designed by the designated coaches for each group. Additionally, the coaches have identified the key areas that will be addressed during each of the various sessions to target continued improvement for wrestlers in the youth program. Please also note those dates identified in Blue which will represent camps when our outside clinicians will be here, and the times for each group assignment can be found below. Reminders will be sent out periodically to keep all members aware of the schedule throughout the summer. The calendar and schedule will include:

Practice Session Schedule

12:00-12:15 – Warm-up/Acrobatics/Common Drills
 12:15 – 12:35 – Drilling/Technique Session
 12:35 – 12:40 – Break
 12:40 – 12:55 – Live Situation Wrestling
 12:55 – 1:05 – Live Wrestling – 3 ½ minute Matches
 1:05-1:15 – Games/Cool Down Activities

Designated Camp Times (Noted in Blue)

Tots/Bantams/Midgets:

1:00-3:00

Novice/Schoolboy/Cadets/Juniors:

3:00 – 5:00

Summer Schedule

Month		Focused Skill/Technique
June	3 rd and 4 th	Adam Aho (UMary) Camp
June	12 th (Cronin)	Single Leg Set-ups and Finishes
	19 th (Heasley)	Wrist Rides and Tilts
	26 th (Uhrig)	Escapes and Hand Control
July	3 rd (Lewis)	Wizzer and Front Headlock
	8 th and 9 th	Damian Hahn (SDSU) Camp
	17 th (Uhrig)	Leg rides and Top position
	17 th (Lewis)	Cradles and Butchers
	22 nd and 23 rd	Rocky Burkett (NSU) Camp
	31 st (Kalda)	High Crotch and Doubles