



## Pierre Governor Wrestling Registration 2017 Summer Wrestling Series



*Wrestler's Name:* \_\_\_\_\_ *Date of Birth:* \_\_\_\_\_

*Age as of January 1<sup>st</sup> 2017:* \_\_\_\_\_ *Grade During 2016-17 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 Pierre Youth Wrestling Association and the Pierre Public Schools, it's 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

#### *Summer Schedule*

<i>Month</i>	<i>Date</i>	<i>Focused Skill/Technique</i>
<i>May</i>	24 <sup>th</sup> & 25 <sup>th</sup>	Aho Camp
	31 <sup>st</sup>	Single Leg Set-ups & Finishes
<i>June</i>	7 <sup>th</sup>	Wrist Rides and Tilts
	14 <sup>th</sup>	Wizzer & Front Headlock
	21 <sup>st</sup>	Escapes and Wrist Control
<i>July</i>	28 <sup>th</sup> & 29 <sup>th</sup>	Bono & Reader (SDSU) Camp
	5 <sup>th</sup>	High Crotch & Doubles
	12 <sup>th</sup>	Tight Waist & Spiral Rides
	19 <sup>th</sup>	Cradles
<i>August</i>	26 <sup>th</sup>	Coaches Pick
	2 <sup>nd</sup> & 3 <sup>rd</sup>	Lewis & Kalda Camp