



# Summer Wrestlers Make Winter Champions!!

Mars Area Wrestling Club Sponsors

## ***Summer Wrestling Kick Off Clinic***

*With Coach Doug Joseph and Guest Clinicians*

Coach Doug Joseph is a Hall of Fame wrestler, a decorated NCAA National Champion, and 4 x National Qualifier. He also holds titles as a National Champion in Folk style, Freestyle, and Greco Roman Wrestling Styles. He has over 15 years of Experience coaching wrestling and an extensive education. In 2016, he obtained his Master of Exercise Science and Health Promotion, Graduate Studies and Research; Sports Performance Enhancement and Injury Prevention. As well as a Bachelor's Degree in Sports Management, Fitness and Wellness in 2010. He is a NASE Speed and Explosion Certified Specialist and a NASM Certified Performance Enhancement and Injury Prevention Specialist.

***Summer is the Perfect time to Focus in on Wrestling skills.***

*Train your body and mind specifically for the sport of Wrestling, range of skills, technique, mental and physical preparation as well as **Live Wrestling**.*

**Wrestlers will be evaluated and placed into appropriate groups for age, weight, and experience.**

**Who: Youth, Jr. High, and Varsity Wrestlers**

**When: June 18<sup>th</sup>, 19<sup>th</sup>, and 20<sup>th</sup> From 9am-12pm**

**Where: Mars Middle School Wrestling Room : 1775 Three Degree Rd, Mars, PA 16046**

Cost: \$75.00 cash (if you need to set up alternate method of payment please contact Rachel @ 724-681-4401)

*Please fill out the bottom of this form and bring with you to Registration at 8:45am Monday, June 18<sup>th</sup>.*

Registration Form:

Wrestler Name: \_\_\_\_\_ Age: \_\_\_\_\_

Approx. Weight: \_\_\_\_\_ Yrs. Of Experience: \_\_\_\_\_ Entering Grade: \_\_\_\_\_

List of notable wrestling accomplishments if any:

\_\_\_\_\_  
\_\_\_\_\_

PARENT/GUARDIAN WAIVER FOR MINORS (under 18 years old)

The Undersigned parent and or natural guardian does hereby represent that he/she is, in fact, acting in such capacity, has consented to his/her child or ward's participation in the Sports Camp, and has agreed individually and on behalf of the child or ward, to the terms of the accident waiver and release of liability set forth above. The undersigned parent or guardian further agrees to save and hold harmless and indemnify each and all parties referred to above from all liability, loss, cost, claim, or damage whatsoever which may be imposed upon said parties because of any defect on lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

X \_\_\_\_\_

Signature (if under 18 years Parent or Guardian must sign)

Date