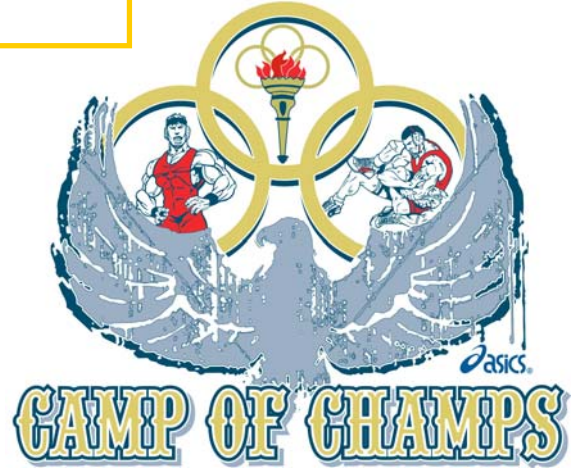


MONDAY NIGHT TRAINING

Hosted by: **CAMP OF CHAMPS®**

- **Intense live wrestling**
- **Quality technique**
- **Conditioning Specialties**
- **Goals, Evaluation & Motivation**



Oct. 5th - Nov. 9th 2009 from 7-8:30 pm (6 Monday Nights)

—Available to all High School wrestlers and above—

—8th graders accepted on individual basis—

Schedule:

1. Warm-up
2. Instruction
3. Drilling
4. Live Wrestling
5. Conditioning
6. Motivation
7. Stretching
8. Individual Work

Guided and Coached by:

- Olympic Champion—Ben Peterson

Additional Technicians:

- Ben Hoover—2x DIII All American
- Andy Peterson—College Wrestling Coach
Strength and Conditioning Specialist

Mailing Address: Camp of Champs PO Box 222, Watertown, WI 53094 1.800.505.5099

Location: Watertown High School Wrestling Room 825 Endeavour Dr. Watertown, WI 53098
920.262.7500

Monday Night Practice Registration:

- A \$10 Registration fee for first time participants
- All Monday Night Practices (6) \$65 (+ registration)
- Single Monday Night Practice \$15 (+ registration 1st time)

~ First 20 to sign up for all practices receive reduced rate \$40 (+ registration)~

Name: _____

Address: _____ City: _____

State: _____ Zip Code: _____ Home/Cell Phone: _____

Age: _____ Weight: _____ Grade in Fall 2009: _____

Email: _____ Emergency Phone: _____



Notice of waiver: having been informed of the CAMP OF CHAMPS: Monday Night PRACTICE, (We/I) parents/guardians of child named, do hereby give (my/our) consent to his participation in the program. (We/I) do further release, and hold harmless the organizers and supervisors. (We/I) assume all medical costs and hazards incidental to the conduct of the program.

Signature _____

Date _____

—Mail to: Camp of Champs PO Box 222, Watertown, WI 53094 or bring to first practice—