

Jr. High School Wrestling Camp

Hosted by

Elk Grove High School

Home of the Thundering Herd

When: June3-5th; Thursday 4-8pm, Friday 4-8pm, Saturday 8:00am-12:00pm

Where: Elk Grove High School Wrestling Facility (E-2)

Who: Jr. High and youth wrestlers (3rd – 8th grade)

Cost: \$120.00 includes camp T-shirt. \$20.00 discount per sibling

Philosophy of Camp: Introduction and basic Jr high school technique geared for wrestlers with limited to more advanced experience. Technique will be based on a scaled down version of the Elk Grove High School's wrestling program's core beliefs and practices.

Staff: Elk Grove High School Wrestling Staff

Pat Coffing – Head Coach Elk Grove High School (2002-Present)

3x Sacramento Bee Coach of the Year (2003, 2005, 2009)

Ady Ming – Head Asst. (2002-Present)

Jay Tinker – Head Motivational Coordinator (2005-Present)

Matt Ming – Head JV Coach (2006-Present)

David Clarke – Head Coach Kerr Middle School (2002-Present)

Current Elk Grove High School Wrestlers

(subject to change)

EGHS Team Accomplishments 2002-Present:

8: League Championships (2003-2010)

2: DI Sac-Joaquin Section Dual Championships (2005 & 2009)

1: Top 5 CIF State finishes (3rd in 2005), (10th in 2010)

EGHS Individuals 2002 to Present:

12 CIF State Medalists (2 CIF State Champion)

9 Sac-Joaquin Section Champions

For more details and clinician info see. www.elkgrovewrestling.net;

Contact information; kerrknights@yahoo.com

Checks payable/mail to: POW, PO box 105, Elk Grove, CA. 95759

I verify that my wrestler has been checked by a licensed Physician, and they are physically able to participate in the EGHS "Jr. Hi. School Wrestling Camp". I hereby authorize the directors of the "Jr. High School Wrestling Camp" to act for me in according to their best judgement in any emergency requiring medical attention. I hereby waive and release the "Jr. Hi. School Wrestling Camp" from any and all illness or injury while attending said camp.

Parent signature _____ emergency phone # _____

Wrestlers name _____ weight _____ grade _____

School _____ Shirt size adult; ___ s, ___ m, ___ l, ___ xl