

2009 Tie Up

Takedown Camp #21

Everyone drills takedowns. The great wrestlers are able to use relentless handfighting to setup takedowns from multiple tie ups. The Tie Up Takedown Camp is a wrestling camp that is designed to teach you solid tie ups, the way the tie ups create takedown opportunities, and transitions from one takedown to the next.

When: August 5, 6, 7 2009

Where: Fauquier High School
705 Waterloo Rd.
Warrenton, VA 20186

Schedule:

<p>1:00 PM – 3:00 PM <i>Wednesday, August 5th</i> Session 1: Position and Basic Scoring <i>Thursday, August 6th</i> Session 2: More Scoring <i>Friday, August 7th</i> Session 3: Rather Throw You Than Know You</p>
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Who: Middle and High School wrestlers with least two years experience. Camp is not intended for beginning wrestlers.

Cost: **\$70**

Sign up for the Complete Wrestler Series and Save **\$50**.
Go to www.choosetop.com to register for all 3 camps.

Director: Coach Matt Keel

Instructor: Coach Chris Haines

Contact: 540-303-1280

Contact: 540-336-5060

Email: coachkeel@choosetop.com

Registration on Back

Tie Up Takedown Camp

Registration Form

Name: _____

Address: _____

Phone Number: _____ (home) _____ (work)

Email address: _____

Birth date: _____ Weight: _____ Grade: _____

Years of experience: _____ School: _____

Payment type: Cash _____ Check _____ Money Order _____

Medical Information: If your child has any medical issues that may be a problem for him/her to participate in an athletic activity please tell us now!

Consent to Participate Form

I give permission for _____ to wrestle in the Tie Up Takedown Camp. I hereby release those involved with the camp, agents of the school, or representatives from any responsibilities or liability for injury or accident, lost property, or stolen property that may happen during my child(s) participation in this wrestling camp. I will notify staff members of any illness or health problem that may affect my child(s) ability to participate. I know only a medical doctor can approve of my child(s) health to participate in this type of activity.

Parent signature: _____ Date: _____

Wrestler's signature: _____ Date: _____