

North Valley Sports Camps



Welcome to the Peak Performance Wrestling Camp. Our camp will feature an excellent staff of current college and high school coaches, past high school state placers, current wrestlers, and past All-Americans. This camp will focus on skills development for kids of all ages. Athletes will benefit from five technique sessions and will have the opportunity to put their skills to the test in our "Champ of the Camp" Tournament which will take place during the last session of the camp. This camp will emphasize all areas of wrestling as campers will receive instruction on advanced moves from the feet, top, and bottom positions. Wrestlers will be grouped by age and ability level, so that we can assure that all campers are able to receive instruction in an environment designed for their unique needs.

Thank you for your interest in the Peak Performance Wrestling Camp. We look forward to training with you this summer.

Respectfully,

Ryan Reynolds
Camp Director
North Valley Sports Camps
www.northvalleysportscamps.com

CAMP LOCATION
SUTTER UNION HIGH SCHOOL
2665 Acacia Avenue
Sutter, CA 95982

CAMP FEE
\$125.00 per wrestler if paid by May 30th
\$150.00 after May 30th

Bring 15 wrestlers or more from your club or team and receive an additional discount

Mail checks payable to:
North Valley Sports Camps
1154 Teesdale Road
Yuba City, CA 95991

CAMP INCLUDES

- Professional instruction in the following areas:
 - Set-ups and finishes from the feet
 - Defensive strategies that score from the feet
 - Strategies for escapes and reversals
 - How to be a more aggressive and dominating wrestler on top
- Live competition in our "Champ of the Camp" tournament
- Individual Awards
- Camp T-Shirt
- Qualified, experienced, fun, and enthusiastic coaching
- The opportunity to become an elite wrestler
- Team-building environment

CAMP CHECKLIST

- You will need:
- Wrestling Shoes
 - Head Gear
 - Clean workout clothes for each practice
 - Extra Socks
 - Water/Sports Drinks
 - Snacks will be available
 - Medication (if applicable)

2011 Peak Performance Wrestling Camp

Registration Form

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Emergency Phone: _____

School: _____

Grade in Fall 2011: _____

Athlete's Restrictions on Participation:

T-Shirt Size: S M L XL XXL

Youth Size: S M L

My son has permission to attend the Peak Performance Wrestling Camp

Parent Signature

Printed Name

Please fill out the reverse side and return with payment

RYAN REYNOLDS

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