

2012 ST. CROIX LUTHERAN YOUTH ATHLETIC CAMPS



WRESTLING

July 9–13, 2012



OTHER SCL ATHLETIC CAMPS

Crusader Fastpitch Softball Camp

Open to girls in grades 4-9, the camp will be held on two Sunday evenings: March 4 & 11, 2012, from 6-8 pm. Instruction will focus on the fundamentals of fastpitch softball.

Crusader Basketball Camps

* Girls entering grades 5-9: June 11-15, 2012

* Boys entering grades 4-6: June 18-22, 2012

* Boys entering grades 7-9: June 25-29, 2012

Instruction will focus on individual fundamentals within a team setting and emphasize solid person-to-person defense and strong offensive skills.

Crusader Soccer Camp

Open to both boys and girls entering grades 5 through 9, the camp will be held July 30 - Aug. 3, 2012, and will teach solid fundamental skills, stressing techniques over tactics.

Golf Camp

Open to both boys and girls entering grades 6 - 12, the camp will be held July 23-25, 2012, and will emphasize techniques and skills that are vital to understanding and playing the game of golf. Students of all skill levels are encouraged to attend, and it's great for advanced golfers, too.

Crusader Football Camp

Open to boys entering grades 6 through 9, the camp will be held August 6-10, 2012. Instruction will cover all positions, developing the skills essential to success in the game of football.

Crusader Volleyball Camp

Open to girls entering grades 6 through 9, the camp will be held July 23–26, 2012, and will teach fundamentals, defensive skills and offensive strategies.



1200 Oakdale Avenue ■ West St. Paul, MN 55118
651.455.1521 ■ www.StCroixLutheran.org/sports

SCL 2012 CRUSADER WRESTLING CAMP

When: Monday–Friday, July 9-13, 2012

Time: 9:00 am to noon

Place: SCLHS Wrestling room

Who: Boys entering grades 3–9

Cost: \$50.00 (early bird rate if postmarked/
received by July 1)
\$60.00 (after July 1)

ABOUT THE CAMP

Athletes attending the St. Croix Lutheran High School camp will learn the fundamentals of wrestling. The staff will emphasize the skills and techniques that it takes to compete in the sport of wrestling as well as the self confidence and self awareness needed in this uniquely individualistic team sport. This camp is geared for the beginner who is interested in learning more about the sport as well as the athlete who has experience in wrestling and would like to improve his skills.

We will focus on all aspects of folkstyle (high school) wrestling. Campers will gain a knowledge of the rules, learn the best moves and techniques, and gain an understanding of the strategy that goes into wrestling competition. This will be done in a relaxed, fun, yet structured atmosphere. Athletes will be matched according to their size and ability.

CAMP STAFF

The St. Croix Lutheran Wrestling camp is directed by our varsity wrestling coach, Scott Sievert. He will be joined by assistants and current and former Crusader wrestlers.

CAMPERS

Each camper should be dressed and ready for physical activity every day. Proper athletic shorts, t-shirts, and socks etc. should be worn. Wrestling shoes are not necessary but can be used if the athlete has them. Campers are asked to bring their own towels and locks. Lockers and shower rooms will be available for use.

All campers must supply their own health and accident insurance coverage. All campers should be in good physical health as they will be participating in wrestling drills and competition.

REGISTRATION

The camp fee is \$50 (early bird rate if postmarked/ received by June 15; \$60 after June 15). The deadline for applications is July 1, 2011. Camp enrollment is limited to 40 participants.

If you have any questions, please contact Scott Sievert at 651-455-1521, x163, or ssievert@stcroixschools.org

SCL 2012 CRUSADER WRESTLING CAMP REGISTRATION FORM



Registration Deadline: July 11, 2012 (\$50.00 early bird rate-postmarked/received by June 15; \$60.00 after June 15.)

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE (day/emergency) _____

ELEMENTARY/MIDDLE SCHOOL _____

CITY _____

GRADE ENTERING NEXT FALL: _____ (3-9)

T-SHIRT SIZE: Youth M L; Adult S M L XL

The full payment of \$50.00 should accompany this form: please make checks payable to St. Croix Lutheran High School.

BE SURE TO READ AND SIGN THE PARENTAL CONSENT FORM BELOW.

I understand that the staff of the Crusader Wrestling Camp may have to act in emergency situations requiring medical attention for my son, and I agree that they have my permission to do so. I hereby release the Crusader Wrestling Camp, its staff members, and St. Croix Lutheran High School and Association for any claims for liability for any injury incurred by my son while at camp. It is further agreed that all risks involved in participation in this camp are assumed by the student and his parent(s) or guardian(s), who are also responsible for all medical costs incurred in case of injury while in attendance at the Crusader Wrestling Camp.

PARENT/GUARDIAN SIGNATURE _____

DATE _____