



**1st Sport Wrestling Club
will play
an active role in the
community.
Let's empower and
challenge our youth.**

- Hard Working Values
- Respect
- Goal setting
- Team Building
- Challenge games
- Communication Skills
- Self Awareness



**1st Sport Wrestling
Club
228 Main St
#129.
Williamstown, MA
01267
PH: (413) 652-9631**

1st Sport Wrestling Clinic

**Adventure Wrestling! June
23 – August 15, 2008**



Featured Clinician: **Rafael Vega**
Edinboro University Rookie Wrestler Of The
Year.
2x NCAA Div. I Qualifier
2x Midlands Place Winner
3x State Champ
3x New England Champ
Former #2 Ranked Wrestler in the Nation, 172
Career H.S. Wins
Placed 4th @ H.S. Nationals.
Head Wrestling Coach @ Williams College

Phone: (413) 652-9631
Email: Rafael-vega@excite.com

CLINIC INFORMATION:

- **Location: The Clinic will meet at Noel Field Athletic Complex twice a week.**
- *Class size is limited to 20 kids.*
- **Session 1: hours are 10-11:30am. (Ages 6-12), Beginner Level.**
- **Session 2: hours are 1-2:30pm. (Ages 13-17), Intermediate Level.**
- **The cost is \$15.00 per week or \$85.00 for complete summer package.**
- **Every child may attend the clinic, regardless of financial circumstances. Assistance and convenient payment plans are available. Please call for more information.**

Weekly Activity:

- Every class will begin with a group team building exercise.
- Warm up will consist of calisthenics and stretching.
- Technique, instruction, drills and shadow wrestling will make the bulk of the session.
- Every class will end with questions and answers plus time to reflect on the day.

SUMMER CALENDER

Week 1 (June 23 – June 27)

Tues. Basic fundamentals.

Thurs. Review, technique and drill matches.

Week 2 (June 30 – July 3)

Tues. Basic fundamentals.

Thurs. Review, technique and drill matches.

Week 3 (July 7-July 11)

Tues. Combination, chain wrestling and scrambling techniques.

Thurs. Review, technique and drill matches.

Week 4 (July 14- July 18)

Tues. Combination, chain wrestling and scrambling techniques.

Thurs. Review, technique and drill matches.

Week 5 (July 21- July 25)

Tues. Advanced techniques, Freestyle and Greco Roman throws.

Thurs. Review, technique and drill matches.

Week 6 (July – August 1)

Tues. Advanced techniques, Brazilian grappling and Sambo wrestling.

Thurs. Review, technique and drill matches.

Week 7 (August 4 – August 8)

Tues. Intensified conditioning and drilling.

Thurs. Round 1: exhibition matches.

Week 8 (August 11- August 15)

Tues. Intensified conditioning and drilling.

Thurs. Round 2: exhibition matches.

REGISTRATION FORM

Please check the appropriate week(s).

All Week 1 Week 2
 Week 3 Week 4 Week 5
 Week 6 Week 7 Week 8

1. Child's Name: _____

2. Child's Name: _____

3. Child's Name: _____

Parent's Name : _____

Address: _____

Home Phone: _____

Work Phone: _____

Email: _____

Medical Conditions: _____

Emergency Contact &Phone:

_____ Check: To reserve your spot for the complete summer package a non- refundable \$25.00 deposit is required before June 13th.

“I hereby give my child permission to participate in the 1st Sport Wrestling Clinic. I understand that my child will be participating in sports and other activities, which may entail risks. By my signature below, I agree to hold 1st Sport Wrestling Club harmless from all claims and liabilities related to my child's participation in 1st Sport Wrestling activities.”

Parent or Legal Guardian Signature Date: