



Panther Wrestling Summer 2018 Camp Middle School



Where: **Proviso West High School (Wrestling room A-24)**

When: **June 11th – June 14th 2pm – 5pm**
Grades 6th – 8th (entering Fall 2018)

Cost: \$40 per person – *covers: registration, t-shirt, snacks each day of camp*

What to bring: Wrestling shoes, workout gear and towel, water bottle

Registration: Complete the registration form at bottom, mail with your payment to:
 Panther Wrestling Summer Camp
 Proviso West High School
 C/O Raimundo Howard
 4701 Harrison St
 Hillside, IL 60162

The Panther Wrestling program is growing into one of the best in Illinois. The Varsity program has had individual success in the conference, regional, sectional and state level.

The Panther Wrestling Camps will give wrestlers of all ages and experience the opportunity to learn and develop the fundamentals necessary for success. Areas of instruction will include technique, conditioning, strength training and psychological preparation. The Panther staff will teach wrestling *“The Panther Way.”*

About the camp: This summer the camp will include sessions covering all of the areas of wrestling. Wrestlers will be instructed in the areas of neutral and mat wrestling. We will also address the areas of mental and physical conditioning and how these will allow athletes to become a successful wrestler. Other topics will be covered in a clinic format led by a variety of staff members. Camp will conclude with a tournament on the final day.

SUMMER CAMP REGISTRATION

CASH ACCEPTED IN THE PROVISO WEST BUSINESS OFFICE
MAKE MONEY ORDER/CHECKS PAYABLE TO: PANTHER WRESTLING

Name _____

Address _____

Phone _____

Age _____

Grade 2018-2019 _____ Shirt size (Adult) circle one: XS S M L XL XXL 3X