

# 2nd Annual Falcon Wrestling Camp



**DATES:** Monday, June 3<sup>rd</sup> – Thursday, June 6<sup>th</sup>

**COST:** \$50.00 (includes T-shirt) **WHERE:** Jersey Village High School (Wrestling Gym)

**WHO:** Incoming 6<sup>th</sup> – 9<sup>th</sup> grade boys and girls in Jersey Village feeder schools

## WHAT:

Takedowns  
Hand fighting  
Defense  
Turns/Escapes  
Conditioning

Dodgeball  
Games  
Takedown Tournament  
Awards

**Learn to wrestle with Jersey Village!**

### Schedule

12 – 12:15 PM	Check-In
12:15 – 12:30 PM	Warm up
12:30 – 1:30 PM	Technique
1:30 – 2:00 PM	Break/Games
2:00 – 2:45 PM	Technique
2:45 – 3:00 PM	Pick-Up

### 6<sup>TH</sup> – 9<sup>TH</sup> GRADE CAMP

#### Reminders

- \*Please bring water. Wear athletic clothing & wrestling shoes optional.
- \*All 7th-9th graders need a current physical on file to participate.
- \*Jersey Village coaching staff and current wrestlers will run the camp.
- \*Drop off & pick up will be by the Falcon (back of building).

## How to Register

\* Use the link below or scan QR code to pay on Schoolcash.

<https://cypress-fairbanksisd.schoolcashonline.com/Fee/Details/148099/135/False/True>

\* We will gladly accept walk-up registration on first day of camp with cash only payments  
- We cannot guarantee shirt size with walk-up registrations.

\*Any questions please contact Chris Proby, Head Wrestling Coach

[Christopher.proby@cfisd.net](mailto:Christopher.proby@cfisd.net) or (419) 905 - 1791



**SCAN ME**

# 2024 FALCONS BASKETBALL CAMP

**DATES:** Monday, June 10 – Wednesday, June 12

**COST:** \$60.00 (includes T-shirt) **WHERE:** Jersey Village High School

**WHO:** Incoming 1<sup>st</sup> – 9<sup>th</sup> grade boys in Jersey Village feeder schools



## WHAT:

Shooting  
Passing  
Ball-handling  
Man-to-man defense  
Teamwork

Individual Station Work  
Various Shooting & Skill Contest  
3 on 3 Competition  
5 on 5 Competition  
Camp Awards

**And of course, lots of FUN!**

### 1<sup>st</sup> – 6<sup>th</sup> GRADE CAMP

**Time : 8 am – 11 am**

\*Please bring water & your own basketball (please label). Wear athletic clothing & basketball shoes.

\*NO physical is required for 1<sup>st</sup> – 6<sup>th</sup> graders

\*Drop off & pick up will be by the Falcon (back of building).

### 7<sup>TH</sup> – 9<sup>TH</sup> GRADE CAMP

**Time : 1 pm – 4 pm**

\*Please bring water. Wear athletic clothing & basketball shoes.

\* All 7th-9th graders need a current physical on file to participate.

\*Drop off & pick up will be by the Falcon (back of building).

## How to Register

\* Use the link below or scan QR code to pay on Schoolcash.

<https://bit.ly/FalconsBBCamp>



\* We gladly accept walk-up registration on first day of camp (Schoolcash link will remain open)

-We can not guarantee shirt size with walk-up registrations. NO cash payments

\*Any questions please contact Patrick Kanaby, Head basketball coach

[patrick.kanaby@cfisd.net](mailto:patrick.kanaby@cfisd.net) or (713) 306 - 2088