

2nd Annual Falcon Wrestling Camp



DATES: Monday, June 3rd – Thursday, June 6th

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

WHO: Incoming 6th – 9th 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

6TH – 9TH 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 or (419) 905 - 1791



SCAN ME