

# CONESTOGA YOUTH WRESTLING ASSOCIATION'S **HEADLOCK**

## WRESTLING CAMP July 12th to July 16th, 2010

**Camp Director:** Mike Semar

**Phone:** 484-318-1522

Former Head Coach at Conestoga High School & Current Valley Forge Middle School HPE Teacher  
2002-2003, 2003-2004, 2004-2005, & 2005-2006 Central League Coach of the Year  
2003-2004 Daily Local News Wrestling Coach of the Year  
1998, 2000, 2001, 2003, 2004, & 2006 Main Line Life Coach of the Year

**E-mail Questions to:**  
[semarm@comcast.net](mailto:semarm@comcast.net)

**Clinicians:**

John Semar - 1987 New Jersey Wrestling Coach of the Year, Member of the NJ Wrestling Hall of Fame  
Ed Spiller - Former Head Wrestling Coach at Conestoga High School & Former Marple Tigers & CYWA Youth Coach  
Pat Ryan-Valley Forge Middle School Wrestling Coach & Valley Forge Middle School HPE Teacher

**Where:** Valley Forge Middle School  
105 West Walker Road  
Wayne, PA 19087

**When:** Monday July 12th to Friday July 16th  
9:00 AM to 2:00 PM Each Day

**Who:** Wrestlers 16 years old and younger will be grouped for instruction by age, ability experience, and attention span. There is NO experience necessary!

This summer, the CONESTOGA YOUTH WRESTLING ASSOCIATION will be offering, for the 15th year, a wrestling camp for all wrestlers 16 years old and younger. The HEADLOCK WRESTLING CAMP has been designed to further expose athletes to the world of wrestling. Highly experienced teachers and coaches will utilize the wrestling room, new gym, and large gym at VF Middle School, to set-up three wrestling mats for instruction. The camp clinicians have experience teaching and coaching wrestlers stepping on the mat for the first time, as well as, coaching wrestlers winning national and international championships.

The technique sessions will involve topics including: leg attacks, throws, defense, scoring from the bottom, pinning combinations, and many others. There will also be time spent teaching the different styles of wrestling such as: SCHOLASTIC, FREESTYLE, GRECO ROMAN, and SUMO.

## THE EMPHASIS WILL BE ON HAVING FUN!!

**COST:** \$250 (Which includes a camp T-shirt and a drink at lunch.)

A copy of this form can be found at:

Please make checks payable to: Conestoga Youth Wrestling Association

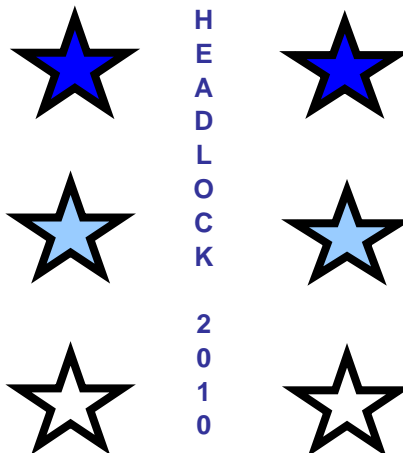
[www.CONESTOGAWRESTLING.com](http://www.CONESTOGAWRESTLING.com)

### HEADLOCK WRESTLING CAMP CONESTOGA YOUTH WRESTLING ASSOCIATION

### PLEASE SEND FORMS TO:

**MIKE SEMAR - VFMS**  
HEADLOCK WRESTLING CAMP  
105 West Walker Road  
Wayne, PA 19087-1193

Name
Address
City / State / Zip
Phone
Emergency Phone Number
Medical Insurance Company
Policy Number
Medications to be taken at camp:



Age:	Weight:
Wrestling Club:	
E-Mail Address:	
Years of Experience:	
T-shirt Size (Circle):	
YM	YL AS
AM	AL AXL
[Add \$10 for any extra t-shirts]	

In consideration of acceptance of this form, I hereby for myself, my heirs, administrators, and assigns waive and release any and all rights and claims for damages I may have against the sponsoring organizations, or their representatives, successors and assigns, arising out of any and all injuries suffered by me while participating in the Headlock Wrestling Camp/Conestoga Youth Wrestling Association. Parent and/or guardian agrees to indemnify and hold harmless the sponsoring organizations, represent successors, and assigns, for any and all damages from injury received by the minor participating in the Headlock wrestling Camp/Conestoga Youth Wrestling Association.

