

Chapman Irish Wrestling Camp

I, the undersigned parent or legal guardian, for and in consideration of the privilege of my undersigned dependent being able to participate in summer athletic activities at the Chapman Irish Wrestling Camp of 2017, hereby covenant and agree to release and forever discharge Chapman High School, its agents, servants, employees and volunteer coaches and assistant coaches, USD 473 School Board and its members, from any and all claims, demands, losses, damages, costs, expenses, and attorney's fees for injury to or death to the undersigned dependent resulting from, growing out of, caused by, or arising in any manner out of playing or participating in sports and organized athletic activities at the Chapman Irish Wrestling Camp.

I, the UNDERSIGNED, having read and understood the Release, do agree and consent to the participation of undersigned dependent in sports and organized athletic activities at and for Chapman Irish Wrestling Camp. I execute it voluntarily and with full knowledge of its significance.

Dated and signed at _____, Kansas this _____ day of _____, 20_____.

Signed: _____

student

Signed _____

Parent or Legal Guardian

Date _____

The Chapman Irish Team Camp is designed to assist our wrestlers to improve on their skills. It is important for our wrestlers to participate so our TEAM can improve in our competition.

Some important points about the camp:

1. Improve Skills
2. Prepare to compete in the Sunflower State Games July 15
3. Register early to ensure you get your t-shirt
4. Become a closer TEAM

Please make sure to register early, payment can be made the day of camp. In order to receive a t-shirt you must let Coach Sheets know you are coming to camp by June 30.

Coach Jeff Sheets

Phone: 785-479-0952

E-mail: jeffysheets1959@sbcglobal.net



Dedication, Determination and Discipline

Chapman Irish Wrestling Camp



July 10-13

7th-12 grade 8 am-10 am

K-6th Grade 6:30 pm-8 pm

Cost \$35

Chapman Irish Wrestling Camp

7th -12 Grade

This year's team camp will be July 10 through July 13. The 7th -12 grade camp will be 8 am -10 am on Monday through Thursday. I expect to have all wrestlers to attend so we can begin getting ready for the 2017-2018 season.

Kids Division

This year there will be a Kids Division Camp. This will be for wrestlers going into kindergarten through 6th grade. This camp will be Monday through Thursday from 6:30-8 pm. The cost to each camp will be \$35, this will include a camp t-shirt. We encourage all wrestlers to attend.

Kansas Sunflower State Games

This camp is held the week before the Kansas Sunflower State Games. This year the wrestling tournament will be held on July 15. I would like to encourage all wrestlers to participate in the Sunflower Games. It would be great opportunity to get extra mat time in. For more information please go to www.sunflowergames.com. Those who would like to complete must register online by July 8.

Camp Schedule

Monday: Takedowns

The camp will focus on six basic takedowns. During this session we will cover::

- The Double Leg
- The Single Leg
- The High Crotch

Tuesday: Takedown

This session we will cover:

- The Duck Under
- Fireman Carry
- Monkey Swing

Wednesday: Escapes & Reversals

- The Stand Up
- The Sit Out
- The Switch

Thursday: Pinning Combinations

- The Half Nelson
- The Cradle

We will have some live matches each day so wrestlers may prepare for the Sunflower Games. If time allows we will practice other moves and positions. We encourage all wrestlers to attend. If you know of others please invite them to participate in the camp as well.



Name _____

Address _____

Main Phone _____ Your Cell _____

Email : _____

Age _____ Grade (2017-18) _____ Years Wrestled _____

Parents' Names _____

Mom's Cell _____ Dad's Cell _____

Shirt Size

YM YL AS AM AL XL XXL

(register by June 30 for t-shirt)

Send Form to

Coach Sheets

P.O Box 15

Chapman, KS 67431 or

mail: jeffreysheets1959@sbcglobal.net

Makes Checks payable to **Chapman Wrestling**