

FOUNDATION WRESTLING CAMP

Coming to Gull Lake

June 28 - July 2, 2010

The Gull Lake Wrestling Club is bringing a 5 day Purler Foundation Wrestling System Camp to Gull Lake to give Gull Lake wrestlers an opportunity to participate in a high level intensive Drill Camp in a small group format (40 wrestlers only).

The cost of the Camp is \$275 for 5 days of training. Each wrestler will receive instructional DVDs of Phase I and Phase II of the Purler wrestling system a (\$222) value.

In comparison most high level or college sponsored camps cost around \$500 and sharing the mats with hundreds of wrestlers.

The goal of the staff will be to install 80% to 90% of Phase I and Phase II of the Purler Wrestling System. Wrestlers can then use the DVDs to review and reinforce what they have learned at the camp. These DVDs are a nice benefit offered only from the Purler Wrestling Camps.

The session times will be:

Monday - Thursday

Session 1	9:00am - 11:30am
Session 2	12:45am - 3:00pm
Session 3	3:15pm - 4:15pm (hard wrestling)

Friday

Session 1	9:00am - 11:30am
Session 2	12:45am - 3:00pm

Registration for the Camp will be reserved for Gull Lake Wrestlers until April 14th.

At the time there are 40 spots filled registration will be closed. On April 15 if there are less than 40 wrestlers registered, the camp will be opened to the public on a first come first serve basis until all 40 spots are filled.

No wrestler will be considered registered until full payment of the \$275 registration fee is paid.

This camp is expected to fill up reasonably fast. I encourage anyone that is interested to register as soon as possible to ensure a spot at the camp.

Keep in mind the camp is geared towards the high school wrestler with wrestling experience. Wrestlers that are in going into grades that are lower than 7th grade will only be accepted on a case by case basis at the discretion of Kara Miller.

If you are a wrestler that is a lightweight or heavyweight you may want to register with a wrestler of a similar size or check around to make sure there will be wrestlers there of a similar size to ensure you have a quality drill partner.

If you mail your registration, please contact Kara Miller after a couple of days to make sure the registration is received. Get confirmation, don't assume you are registered.

If you have any questions, please contact Kara Miller.

GULL LAKE WRESTLING CAMP REGISTRATION FORM

Wrestler's Name:	Wrestler's Grade in the fall of 2010: _____
Parents' Names:	Keep in mind the camp is geared towards the high school wrestler with wrestling experience. Wrestlers that are in going into grades that are lower than 7th grade will only be accepted on a case by case basis at the discretion of Kara Miller.
_____ (Dad)	Wrestlers must have Insurance coverage.
_____ (Mom)	
Address:	Insurance Company:
_____ (Street Address)	_____
_____ (City) (State) (zip)	Policy #: _____
E-mail: (This is important for camp updates regarding check-in, session assignments, bunk assignments, etc. These are NOT used for solicitation and will not be shared with third parties!)	Phone #: _____
_____	Medical Release
Emergency Contact Info:	Waiver: My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize the Takedown Machine Staff and Purler Wrestling, Inc. to act for me, according to its best judgment in any medical emergency, and I hereby waive and release Purler Wrestling, Inc. from any liability for injuries or illness incurred by my son/daughter while attending camp. All information I have provided on this application is true and correct.
Home Phone: _____	Signature _____
Parents' Work Phone:	Printed Name _____
_____ (Dad) (Mom)	Date _____
Parents' Cell Phone:	
_____ (Dad) (Mom)	

Contact info: Kara Miller
Gull Lake Wrestling Club
9557 W. Gullway
Richland, MI 49083

Phone: (269) 203-7173
email: kara.miller@schawk.com

Mail or Deliver Registration to Kara Miller at the above address.
Make Checks payable to Gull Lake Wrestling Club. Please put wrestlers name in memo section of check. A Wrestlers spot will be reserved once receipt of payment is made. First come first serve basis.

Please pack a lunch for each day of training!