

Blissfield Wrestling Camp

- July 12th, 13th, and 14th 2-6 p.m. Blissfield Middle School Balcony
- \$40 (Team rate \$30(10 or more wrestlers))
- Wrestlers of all ages are welcome (wrestlers will be broken into groups based on skill level)
- Wrestlers will receive instruction from college wrestlers as well as the Blissfield wrestling staff
- Many live opportunities will be offered (including opportunities to wrestle the collegiate wrestlers)
- Coaches: wrestlers will receive large amounts of instruction on the head inside single, scoring with the legs(Experienced campers only), the wing series, scoring from, and getting off the bottom, as well as much more.
- Parents of elementary school campers are welcome to help with their young wrestlers
- We look forward to seeing you at camp

Yours in Wrestling,

Coach Andy Ford

Campers Name _____

Age _____ Grade _____

Emergency Contact number _____

Any health concerns we should be aware of? _____

Parent Signature _____

Please contact Coach Andy Ford to register for camp, and then bring money and parental approval sheet the day of the camp. (Checks made out to (Blissfield Wrestling))

Coach Andy Ford cell: 517-918-2907 or email: aford@adrian.edu