

Get Your Summer
Training Started Off With.....

Roy Hall
At His
Technique and
Training Camp

June 24-26
Friday-Sunday
At
Onaway High School

Featuring:

Roy Hall

**2x Michigan State Champion
4x Michigan State Placer
1988 Dream Team All-American
4x NCAA Qualifier
7th Place Jr. World Championships
1990 Bronze Medal Olympic Festival
6 Division 1 State Titles at Davison
National Coach of the Year
Head Coach– Davison High School**

Meals

Campers are responsible for their own meals.

Subway- Woodwinds-
Manzana's Deli-
– Bobby B's Pizza

What you need to bring:

CLEAN workout clothes for each session.

Water bottle with your name on it.

Towels, etc., for showers after sessions.

Food for the duration of camp.

Please leave valuables at home!

Proposed Clinic Schedule (May vary slightly):

Friday check in 8 am– 9 am

Session 1: 9:30-12:00

Lunch: 12:00-1:30

Session 2 1:30-4:30

Dinner 4:30-6:30

Session 3 6:30-8:30

Saturday

Session 4 9:00-12:00

Lunch 12:00-1:30

Session 5 1:30-4:30

Dinner 4:30-6:30

Session 6 6:30-8:30

Sunday

Session 7 9:00-12:00

Lunch **12:00-1:00**

Session 8 1:00-4:00

Check out:

Campers will be asked to help roll mats and load on trailers for return to neighboring schools.

Cost:

\$100 per wrestler including T-shirt

Coaches welcome with 5 athletes

Open to grades 6-12

TECHNIQUE and Training Camp

This camp will emphasize some of the techniques that have helped Davison High School win 6 consecutive Division 1 State Championships. Techniques will include single legs, double legs, high crotches, front headlocks, breakdowns, pinning, riding legs, escaping from the bottom, as well as many other solid, fundamental techniques that will beat good wrestlers.

Lodging

Onaway Motel: 989-733-8213

Cost: \$50

Lyon's Motel: 989-733-8821

Cost: \$47 (tax included)

Onaway State Park: 989-733-8279

Clear Lake State Park: 989-785-4388

Call Early as this is the weekend before the Fourth of July.

Campers may set a tent behind the school

Registration— T-shirt is included

Send \$50 Non-refundable deposit to: Rod Fullerton

Onaway High School

4549 M-33

Onaway, MI 49765

Balance due at registration

Include Shirt Size

Camp Start

Friday, June 24th @ 9:30

Onaway High School Cafeteria

Pre-Registration Deadline

Post Marked June 1, 2011



APPLICATION

Name _____
Address _____
City _____ State _____ Zip _____
Phone Number (home) _____
(work) _____
Parent or Guardian _____
School _____ Age _____ State _____
Shirt Size _____

Parent Consent & Waiver of Responsibility

It is agreed that camp members, camp staff, camp instructors, or camp organizers are not responsible for any injuries. It is also agreed that Onaway Area Community Schools is not responsible for any injuries. It is agreed that all risks attendant to watching and/or participating in camp activities, including, but not limited to bodily risk is acknowledged, approved, and agreed to by said camper and his parents and/or legal guardian as indicated by their signature hereto. It is also agreed to allow my child to be treated while attending this camp, and I agree to assume all costs related to such treatment. I authorize the disclosure of medical information to my insurance company for purpose of claim.

Camper Signature Date

Parent Signature Date

Email: _____

Insurance Co. & # s _____

Please send your complete application form and money order to:
Make checks payable to Onaway Wrestling

Rod Fullerton
Onaway High School
4549 M-33
Onaway, MI 49765

Contact Mark Grant (989) 733-9866
mgrant@oacsd.com

**Become a
CHAMPION
Today!**

