

# Tech-Fall Wrestling Camp 2010



Coach Kearney & the Churchill Lancers 2010 5A Runner-Ups.



Coach Jones & the Scappoose Indians 2010 4A State Champions

**Camp Overview:** The Tech-Fall Wrestling Camp Series is designed to teach the winning keys to every common wrestling position. To raise the campers "wrestling I-Q". We teach your athlete the ability to problem solve as he/she wrestles through every position. We have found that the key to success is to have the ability to think fast & go hard. In order to do this we must train our athletes to quickly identify situations unlocking the keys that improve our position while breaking down that of our opponents. Simple equation, what does he have, what do I have? This is the system of teaching that creates chain wrestling, all techniques will be taught in layers.



## Dailey Schedule

- 8:00am Breakfast
- 9:00am Morning Practice
- 12:00pm Lunch
- 1:00pm Camp Activities
- 3:00pm Afternoon Practice
- 5:30 Dinner
- 7:00pm Duals
- 11:00pm Lights Out!

## Tech-Fall Wrestling Camps

Camp Director  
Scott Kearney  
2080 W12th Ave.  
Eugene Oregon, 97402  
Cell 541-686-2651  
Fax 541-686-2691  
doubleinc@comcast.net

### Camp Location:

Churchill High School  
1850 Bailey Hill Road  
Eugene, OR. 97405



### Meals

Prepared by our Mat Moms, served by Mat Girls  
Fill out meal card, buy individual meals or check all meals  
\$5.00 per meal

# Tech-Fall Wrestling Camp 2010

## Team Discounts:

# \$400 per team

High School & Middle School Teams up to 14 athletes. Pro-rated for above 14 @ an additional \$28.00

## Individual Rate:

# \$50.00 per Athlete

Teams or individuals are welcome to camp on the mats with a coach or parent present to help supervise.

## REGISTRATION FORM

Name \_\_\_\_\_

Address: \_\_\_\_\_

School: \_\_\_\_\_

DOB \_\_\_\_\_ Age: \_\_\_\_\_

T-Shirt Size (Adult): S M LG XL XXL (Youth T-Shirt) S M LG

Name of Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Parent / Guardian: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

I hereby register my child for the Tech-Fall Wrestling Camp and authorize the camp staff to direct his/her participation in the wrestling camp activities. My child has no medical or emotional problems which may affect his/her ability to participate safely in this program. The staff is authorized to attend to any health problem or injury my child may incur while attending wrestling camp, including emergency treatment. I understand that my child must have current medical insurance before participating in this wrestling camp. I understand that if I withdraw my child from the wrestling camp for any reason the \$50.00 fee is non-refundable and my child will not receive his / her gear. Neither I nor my child will hold the Tech-Fall Wrestling Camp or the 4-j School District liable for any injuries or expenses relating to injuries that might be incurred while participating in the Tech-Fall wrestling camp.

This is a Drug, Alcohol and Tobacco free activity. If a student is found to be in violation his / her parents will be contacted and expected to pick him up immediately. If a student becomes a behavioral problem or a distraction his / her parents will be contacted and expected to pick him up immediately

**\$50.00 Camp Fee**

Please make checks payable to Churchill Wrestling

Signature of Parent or Guardian: \_\_\_\_\_ Date \_\_\_\_\_

## Meal Registration:

### Circle meals to purchase

Thursday: Dinner

Friday: Breakfast Lunch Dinner

Saturday: Breakfast Lunch Dinner

Sunday: Breakfast Lunch

All Meals \_\_\_\_\_

Total @ \$5.00 per meal \$ \_\_\_\_\_

All meals served by Churchill Mat Girls!

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