CAMP FEATURES

- Excellent Clinicians, Coaches & Staff
- Personalized Help with Staff and Counselors
- Technique for ALL Levels
- Develop essential skills in the top, bottom, and standing positions
- Increase explosive power
- Build endurance through conditioning
- Live wrestling
- Tournament on final day of camp
- Medals for tournaments winners
- Nutritional tips and facts
- Free Camp T-shirt
- Special Rates for Early Enrollment, siblings

WHAT TO BRING

- Shorts
- Running Shoes
- Headgear
- Positive attitude
- Lunch
- T-Shirts
- Wrestling shoes

CAMP COST

- $80 for 3 days
- Discounts
  - Early Registration - Register by May 1, 2017
    - $70 for 3 days
  - Additional Siblings Registered
    - $10 off

CAMP SCHEDULE

- May 24th & May 25th
  - Session 1: 9:00 - 11:00
  - Games: 11:00 - 11:30
  - Lunch: 11:30 - 12:15
  - Session 2: 12:15 - 2:30
  - Games: 2:30 - 3:00

- May 26th
  - Session 1: 9:00 - 11:00
  - Games: 11:00 - 11:30
  - Lunch: 11:30 - 12:15
  - Tournament: 12:15 - 2:50
  - Medals: 2:50 - 3:00

STAFF

D'on Coofer - 1 time TSSAA State Champ 2X Finalist
Cole Iler - 2X TSSAA State Placer
Adam Fuller - 2X TSAA State Placer
Kevin Duck - Head Coach of Extreme Takedown
Former Toledo University Wrestler
Centennial Staff and Current Wrestlers

REGISTER ON-LINE:

https://sites.google.com/site/cougarwrestlingcamp/home
or
Fill out the Application Form on the next page and mail to the address listed.

FOR MORE INFORMATION

Coach Philip Pelkey
Camp Director
philipp@wcs.edu

APPLICATION FORM:

Wrestlers Full Name _____

School _____ *Age* _____ *Weight* _____

Address _____

City _____ *State* _____ *Zip* _____

Parents'/Guardian' Names _____

Phone Number _____

2nd Contact Name _____

Phone Number _____

Email Address _____

Wrestler's Grade in Fall 2016 _____ *Wrestling Experience* _____

Insurance Company _____ *Policy Number/Id* _____

Cash ○ *Check* ○ *Check #* _____

PAYMENT INFORMATION

Make checks payable to: CAC
Mail check and application forms to:

Centennial Wrestling Camp
5050 Mallory Lane
Franklin, TN 37067

T-SHIRT SIZE

YOUTH

- ○ Small
- ○ Medium
- ○ Large

ADULT

- ○ Small
- ○ Medium
- ○ Large
- ○ X Large
- ○ XX Large

Please note: Payment includes a $25 Non-Refundable processing fee and there is a $45 fee for returned checks.