

## IMPORTANT INFORMATION

---

**WHO:**

6-13 year olds

**WHERE:**

Skyline High School Gym

**WHEN:**

July 19<sup>th</sup> to the 23<sup>rd</sup>  
9 AM – 12 Noon

## CAMP FEES

---

*Cost - \$70*

Registration must be received prior to June 19<sup>th</sup> in order to receive camp T-Shirt

---

I hereby give permission for any and all medical attention necessary to be administered to my child in the event of an accident, injury, sickness, etc. under the direction of the camp coaching staff until such time as I may be contacted. This release is effective for the time during which my child is participating in the Raptor Camp. I also assume the responsibility for payment for any such treatments.

WE HOLD HARMLESS THE COUNTY OF WARREN, WARREN COUNTY PUBLIC SCHOOLS, AND SKYLINE WRESTLING CLUB; AND ANY OF ASSOCIATED MEMBERS, DIRECTORS, COACHES, AND/OR OFFICERS FOR ANY DAMAGES, INJURIES, OR LIABILITIES INCURRED AS A RESULT OF PARTICIPATION.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

## Coach's Contact Info

Coach Matt Keel:

Office: 540-631-0366 x31203

Cell: 540-303-1280

E-mail: mkeel@wcps.k12.va.us

---

RAPTOR CAMP

K-8 WRESTLING CAMP

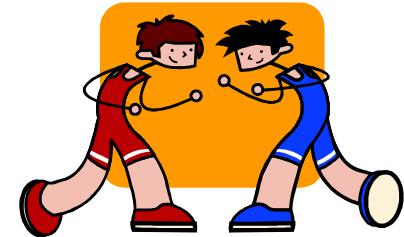
---

*Sponsored by:*

*Skyline Wrestling Club*

*www.skylinewrestling.org*

*Warren County Parks and Rec*



JULY 19-23, 2010

9 AM – 12 NOON



**Skyline Wrestling Club**

www.skylinewrestling.org

163 Park Way  
Front Royal, VA 22630  
Phone (540) 303-1280  
coachmkeel@comcast.net

# PURPOSE

The Front Royal Raptors gives kids the opportunity to have fun with their friends while learning the basics of wrestling. The mission is to foster the ideals of sportsmanship through participation and competition while also improving the degree of amateur wrestling in the area.

## DRESS

Each camper needs to wear a T-shirt and shorts. Wrestling shoes are preferred but not required.

## CAMP SHIRTS

Each camper will receive his Camp T-Shirt and all awards on the last day of camp

## HYDRATION

Access to water fountains may be limited. Make sure you bring your own drink or water bottle.

## VALUABLES

Raptors Camp and Skyline Wrestling Club is not responsible for loss of valuables. Leave all valuables at home.

## CAMP OVERVIEW

Wrestling experience is not required to attend this camp. New and experienced wrestlers will get a lot out of this camp. The focus is on presenting a variety of proven wrestling techniques in a fun format. The campers will learn movements and moves that will help them to be more successful in the sport. Then they will practice the moves and use them in fun competitive formats.

The camp will be split into separate sections:

## WRESTLING MOVEMENTS

The ability to complete certain movements will help you to be successful in any sport. They include tumbling skills, footwork, rolls, and spins

## TECHNIQUE AND PRACTICE

Campers will apply these movements to learn moves that will help them to be more successful in neutral, top, and bottom positions.

## GAMES AND TOURNAMENTS

Campers will have an opportunity to use these skills against each other in a variety of simple games like sumo, ankle tag, takedown tournament, and others.

## REGISTRATION FORM

Name: \_\_\_\_\_

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Weight: \_\_\_\_\_

Fall Grade: \_\_\_\_\_ School: \_\_\_\_\_

T-Shirt Size: Youth \_\_\_\_\_ Adult \_\_\_\_\_

Parent Name: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_

Date/Time: July 19-23 9AM-Noon

Cost: \$70

Send Completed Registration Form to:

Matt Keel  
163 Park Way  
Front Royal, VA 22630

Deadline: June 19<sup>th</sup>, 2010

**Sign Reverse Side**