

KAMIAKIN WRESTLING SUMMER STRENGTH AND CONDITIONING CAMP

Who: Grades 6-12 (2017-2018 School Year)

When: June 19th-July 31st, Monday-Thursday

I. 8:00-9:30—Strength and conditioning

II. 9:30-11:00—Wrestling

Where: Kamiakin High School

What: Wrestlers will be performing wrestling specific strength workouts, muscle endurance workouts, and conditioning workouts, followed by an hour of technique and live wrestling.

Fee: \$50 per wrestler

*Wrestlers who are also football players will only need to pay the \$50 conditioning camp fee once, to either program. The camps will be ran together so athletes can participate in both sports.

Name: _____ Birth date: ____/____/____

Age: _____ Grade in Fall 2017: _____

Address: _____ City: _____ Zip: _____

Phone (day): _____

I agree to be solely responsible for any medical expenses incurred by my child in this activity. In consideration of the fee charged for this program, I agree to hold the Kennewick School District and any employee or volunteer involved in the program harmless from, and indemnify them for, any damage or loss arising as a result of my child's participation in this activity.

Parent's Signature: _____ Date: _____

Checks payable to: **KaHS Wrestling Booster**
Kamiakin High School
600 N. Arthur
Kennewick, WA 99336
Attn: Jordan Anderson/Strength and Conditioning Camp