

Tiger Wrestling Camp 2017
Monday to Wednesday, June 26-28
Ages 6 to incoming Freshmen

Location: Helena High School Wrestling Room

Time: Session 1 10 a.m. - Noon
Lunch Noon – 12:30p.m. (athletes will supply their own sack lunch)
Session 2 12:30-2:30 p.m.

Instructors: Coach John Burke-Head Wrestling Coach Helena High School and the rest of the Bengal Staff along with Bengal wrestling team.

Cost: \$60 per wrestler. Make checks payable to **Tiger Wrestling Camp** and mail application and check to: **Tiger Wrestling Camp**
c/o John Burke
1317 Sorenson Rd.
Helena, MT 59602

Any questions email John Burke Jburke@helenaschools.org

Camp Philosophy: Athletes will be exposed to folkstyle wrestling technique in the neutral, bottom, and top positions. The athletes will focus on small details that will improve their performance. The athletes will be allowed to practice the technique and then apply the technique to live wrestling situations. The athletes will also be exposed to some conditioning techniques.

Tiger Wrestling Camp 2017 Application

Name of Wrestler _____ Age _____ Weight _____

Address _____ City/State _____ Zip _____

Circle Shirt Size: YS YM YL AS AM AL AXL

In case of injury or illness, necessary emergency treatment is authorized.

Insurance Company _____ Policy Number _____

I hereby release the Bengal wrestling camp and staff from any and all liability and injuries or illness incurred while in camp. In case of illness or injury incurred while in camp, I authorize the said camp to act for me in any medical emergency, according to their best judgment.

Signature _____ Cell _____ Date _____