

**Intensive Wrestling Camp 2018**  
**Friday & Saturday, July 27 & 28**  
**Advanced Wrestlers 5<sup>th</sup> grade up**

Location: Helena High School Wrestling Room

8 a.m.-10 a.m. – Circuit weights and run  
10 a.m.-12:00 – Drills and live wrestling  
12:00-1:00 p.m. – Athletes supply their own sack lunch  
1:00-2:00 p.m. – Conditioning  
2:00-4:00 p.m. – Drills and live wrestling

Instructors: Coach Sam Bogard-Head Wrestling Coach Helena High School

Cost: \$60 per wrestler. Make checks payable to **Tiger Wrestling Camp**

Mail application and check to:

**Tiger Wrestling Camp c/o Sam Bogard**  
**P.O. Box 23, East Helena, MT 59635**

Any questions email Sam Bogard [bengalwrestling@outlook.com](mailto:bengalwrestling@outlook.com)

A philosophy that focuses on developing technical skill, physical preparation, mental toughness, and life skills. Our goal is to prepare wrestlers to win by challenging them to overcome physical fatigue and mental stress every day.

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Intensive Wrestling Camp 2018 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 Tiger Intensive 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 \_\_\_\_\_