

**Tiger Wrestling Camp 2025**  
**June 17<sup>th</sup>-19<sup>th</sup>**  
**Ages 4 to incoming Freshmen**

Location: Helena High Upper Gym

Time: Session 5:30pm-7:30pm

Instructors: Coach Sam Bogard-Head Wrestling Coach Helena High School, Seth Schroeck 2x High School State Champion and HHS Assistant Coach, Gabe Schroeck 2x High School State Champion and Jounior world Greco Team Member and assistant HHS Coach, Pat Fox Division 1 North Carolina wrestler and HHS assistant coach

Please return quickly so I can get shirts ordered. Thank you

Cost: \$100 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 sbogard@helenaschools.org

Camp Philosophy: Believe, Battle, Succeed

Athletes will be exposed to folkstyle wrestling technique in the neutral, bottom, and top positions. We 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.

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Tiger Wrestling Camp 2024 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 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 \_\_\_\_\_