

Frederick County
Wrestling Camp At
Urbana High School
3471 Campus Drive, Ijamsville, MD
Auxiliary Gym

Camp Philosophy

The Frederick County Wrestling Camp is excited to provide high quality instruction for both beginners and advanced wrestlers.

The camp is two clinics in one; the first targets the needs of **beginners** who have minimal experience where we place a strong emphasis on learning through a series of games, instructional drills and gymnastic movements. We utilize the **3-F philosophy of instruction for this group: Fun, Friendship and Fundamentals.**

The other clinic option that students can select (**advanced**) is the one for those who understand the sports introductory positions. All imaginable areas of wrestling will be covered and no question will go unanswered.

During food breaks between sessions, we will talk about everything from training habits to bout tactics, from mat strategies to weight reduction, from strength training to pre-bout butterflies.

Other Important Information

- **Beginners** will finish at 12pm daily
- **Advanced** group bring a sandwich. Drinks, fruit, cookies & chips will be provided; will finish at 4pm daily
- **All wrestlers** wear a tee shirt and shorts with sneakers or wrestling shoes

Camp Staff:

Ben Arneson-Urbana HS Wrestling Coach from 2007-2011. He has coached the Hawks to five straight County titles. He has won four Regional titles and placed 2nd in the Maryland Dual Meet State Championships in 2011. A three time "Coach of the Year Award" winner. Ben has coached 12 State Champions.

Wade Schalles-A National Wrestling Hall of Fame Member and World Champion. His accolades include "National Coach of the Year" and "Athlete of the Year." He is in the Guinness Book of World Records for having the most wins and pins of anyone who has ever wrestled. In 2005 he was named to the NCAA's 75th Anniversary Team, a distinction that only 14 other college wrestlers share with him.

FCWC is not a licensed child care provider
These materials are neither sponsored by nor endorsed by the Board of Education of Frederick County, the superintendent, or this school.

Frederick County Wrestling Camp Registration

Camper Name: _____ Address: _____
Phone: _____ City, St, Zip: _____
School next year (2011-12) _____
Grade next year: _____
Circle: Male or Female Birth Date: _____
Shirt Size (circle) *Adult*: S M L *Youth*: S M L Email: _____
Select One Option below

Beginners: \$100.00 One Session each day 9am-12pm

Advanced: \$300.00 Two sessions each day 9am-12pm; 1pm-4pm

Total Check Enclosed, **payable to Urbana Athletic Boosters**

**Complete this form and the emergency information on the reverse side & return to:
3471 Campus Dr., Ijamsville, MD 21754 c/o Athletic Boosters Wrestling

Frederick County Wrestling Camp Emergency Information

Camper Name: _____ Home Phone: _____

Emergency Contact & Day Phone: _____

Medical Insurance Co: _____ Policy #: _____

Family Physician: _____ Physician Phone: _____

LIABILITY WAIVER & TERMS AGREEMENT

I/We, the parent(s) or guardian(s) of the above named registrant for FCWC, hereby give my/our approval to participate in any or all FCWC activities. I/We assume all risk and hazards incidental to such participation; understand that this activity involves risks and dangers of serious bodily injury, including permanent disability, paralysis, and death; that these risks and dangers may be caused by my own actions or inactions, or the actions or inactions of others participating in the activity and I/We do hereby waive, release, absolve, indemnify and agree to hold harmless FCWC, its ownership, staff, affiliates and associated personnel, including the owner of facilities utilized by the camp, for any claim arising out of an injury to my/our child, whether the result of negligence or for any other cause. I/We agree there will be NO REFUNDS should the student(s) decide to discontinue attending FCWC or be dismissed for issues of inappropriate behavior. My/our signature(s) acknowledges acceptance of the terms of this agreement.

Parents Signature: _____

Frederick County Wrestling Camp

2nd Annual Championship Camp



For Beginner and Advanced Wrestlers

Tuesday, July 5-Saturday, July 9

Urbana High School

at

Camp

Wrestling

County

Frederick

2011

Sponsored by UHS Athletic Booster Club