

SPARTAN-STYLE

Wrestling Camp

July 9-13, 2018

Learn wrestling technique the Spartan way!

Three-Position Camp

- Learn how to score from top, bottom & neutral positions
- Introduction to the Spartan Technical Drill Plan for 2018-19

Daily schedule:

- 9 a.m. Technique instruction
- 11 a.m. Snack/light lunch break
(Pack a snack or light lunch)
- 11:20 a.m. High-paced drills and live wrestling
- 12:45 Camp ends

Place: Francis Howell Central HS
5199 Highway N
St. Charles, MO 63304

Cost: **\$55**
Includes camp T-shirt
(except late registrations)

Also sign up for the Progression Wrestling Camp hosted by FHC, June 11-14, 2018.

Eligibility:

Open to kids entering grades 1-12 in the fall. Wrestlers will be divided into two groups based on age & experience. *This is not an introduction to wrestling. All wrestlers should have at least one season's wrestling experience.*

For more information:

Contact Coach Cross at:
FHC Voice Mail: 636-851-4684
Cell: 314-277-4109
steven.cross@fhdschools.org

Register by June 22, 2018.

Visit www.fhcsummercamps.com to register online.

Or send the form below with your check to:
Francis Howell Central Wrestling
c/o Steve Cross
5199 Highway N
St. Charles, MO 63304

Spartan-Style Camp Registration

Name _____
Address _____
City, State, Zip _____
Date of Birth _____
School Attending in Fall _____
Grade in Fall _____
Years Wrestling Experience _____
Parent/Guardian _____
Parent Daytime Phone _____

Enclose check for \$55 payable to FHC Wrestling.

T-Shirt Size YS YM YL AS AM AL AXL