

8th Annual Raider Wrestling Intensive Camp

K to 8th Grade

June 11th - 12th

Northfield Rate: \$75.00 (Family \$145.00 2+) **Sign up closed May 15th**

Out of Towners: \$125 (Family \$205.00 2+) **Sign up opens May 15th**

Camp is limited to the first 75 paid wrestlers

Wrestlers will be camping over on Tuesday night at the High School

Some of the things your camper will need: <ul style="list-style-type: none">• Several pairs of practice clothes• Running shoes, wrestling shoes, head gear• Pillow, blanket/sleeping bag (sleeping on wrestling mats)• Shower/toiletry items: towel, shampoo, toothbrush, etc.• Street clothes (when not practicing)• Swim trunks, sunscreen• Football, frisbee and other items• If you have a Northfield Pool Pass, please bring it.	Note to Parents: <ul style="list-style-type: none">• All meals are included.• Your child may come and go throughout the camp but must be signed out by a guardian.• Younger wrestlers may choose not to sleep over night.• No video games or electronics from home as theft has been an issue in the past.• There is a zero tolerance for misbehavior. Wrestlers will be sent home without a refund for disruptive/disrespectful behavior.
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Make check payable to: NHS Wrestling program

Participant's Name: _____ Grade going into: _____

Parent/Guardian Name(s): _____

Home Phone: _____ Cell Phone(s) _____

This release made the _____ day of _____, 2019.

_____ (name of participant), hereby releases and discharges Northfield Public Schools, its agents, coordinators, coaches, officers, employees, volunteers and insurer from all claims, demands, actions, judgments, and executions. This release includes all claims that my child or I may have against Northfield Public Schools for all personal injuries, death, or property damage caused by or arising out of participating in the Raider Wrestling camp.

I acknowledge and assume the risk of the inherent dangers involved in the program, for which my child is registering for including but not limited to the dangers created by physical exertion, collisions, rough terrain, faulty equipment and mistakes made by my child or other participants. I have read this release, understand its terms and execute it voluntarily. I understand and agree that no one will be able to hold Northfield Public Schools liable for any injuries or death to my child or for damage to property.

I agree that my child will abide by the rules and regulations of the program and will at all times wear any and all protective equipment required for the program.

(Date)

(Participants signature)

(Parent/Guardian signature)

If we get less than 20 wrestlers we will cancel the camp.

Mail or Bring To:
Northfield High School
C/o Raider wrestling camp
1400 South Division Street
Northfield, MN 55057

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For Further questions contact Geoff Staab 1.612.501.2765 or Tyler Faust 1.952.237.7086

8th Annual Raider Wrestling Intensive Camp Schedule

(Daily schedule could change)

June 12

8:00 AM –Check In (HS Upper Cafeteria)

9:00 AM – Technique Session 1 (Gopher Wrestler)

10:30 AM – Snack (Clinician signs Camp T-Shirts)

11:15 AM – Technique Session 2 (Gopher Wrestler)

1:00 PM – Lunch/Shower

2:00 PM – Technique Session 3 (Gopher Wrestler)

3:30 PM- Snack (Clinician signs Camp T-Shirts)

4:15 PM- Technique Session 4 (Gopher Wrestler)

5:45 PM – Dinner

6:45 PM – Technique Session 5 (Review/Practice Moves)

8:00 PM – Structured Free time (movies, games)

10:30 PM – Lights out

June 13

8:00 AM – Breakfast

9:00 AM – Technique Session 6 (Gopher Wrestler)

10:30 AM – Snack

11:15 AM – Technique Session 7 (Gopher Wrestler)

1:00 PM – Lunch/Shower

2:00 PM – Technique Session 8 (Pool/Outdoor Games)

4:30 PM – Dinner

5:30 PM – Technique Session 9 (Team Tourney)

7:00 PM – Break down and clean up camp

7:30- 8:30 PM – Parent Pick up

*Technique sessions and activity times are subject to change based on weather and school events.