

Capo Valley Wrestling



Spring Wrestling/Strength Camp

The toughest sport. The toughest athletes.

Compete against athletes your own size

1 on 1 competition

Belong

Accomplish something

Challenging

Fun



Capovalleywrestling.com

What:

- 1) Wrestling camp for grades K-6: Wrestling, core strength and agility to increase physical literacy.
- 2) Wrestling and athletic development camp for grades 7-8: wrestling, beginner weightlifting technique, multi-sport athletic development, core strength and agility to increase physical literacy.

Who: any youth grades K-8

When: Tuesdays and Thursdays, May 3-June 2, 5:30-7:30pm.

Where: CVHS Wrestling room

Donation: \$25 for all five weeks

Register and pay online at capovalleywrestling.com, or fill out registration (on back) and mail with check ("CVHS Wrestling Booster") to 26301 Via Escolar, Mission Viejo, CA 92692

For more info: capovalleywrestling@gmail.com; 949-307-4390

Wrestling is for everyone, regardless of weight, height, build, or natural ability. Whether you are 4 ft nuthin' or 6ft somethin', 50 lbs or 250 lbs, you can excel and stand out in this sport.

*Capo Valley Wrestling Camp
Registration Form*

Name of Wrestler: _____ age: _____ Grade: _____

DOB: _____

Parent(s)/Guardian(s): _____

Parent(s)/Guardian(s) phone: _____

Parent(s) Guardian(s) email: _____

Address: _____

Emergency Contact (aside from parent/guardian): _____

Phone: _____

Email: _____

Insurance: _____

HMO/PPO (circle one)

Policy #: _____

Any allergies? _____

Any special medications? _____

(for new wrestlers) How did you find out about our program? _____
