

Glasgow Wrestling Camps & Coach Jeff Hawkins

Bring

Granby System Wrestling

To Glasgow, MT

July 6-8, 2010

Send Application and Payment to:
Glasgow Wrestling Camps
345 3rd Ave North
Glasgow, MT 59230



Technique Camp for Advanced Wrestlers

(Wrestlers that have 3 or more years wrestling experience)

Basic Skills Camp for Beginning Wrestlers

(Wrestlers that have less than 3 years wrestling experience)

Camper Info: (print)

Name: _____ Coach _____ Grade _____
School: _____ Email Address: _____
Address: _____ Years of Experience _____ Phone () _____
City/State/Zip: _____ Age: _____ Weight: _____

(Check One) **Technique Camp-Commuter \$100** **Technique Camp-Housing Needed \$130** **Basic Skills Day Camp \$40**

Application Deadline June 30, 2010. A Fee of \$25 will be charged for late applications.
Payment Info: Payment in full required to reserve your spot at camp. Please pay by money order or check.

T-Shirt Size (circle one) Youth: S M L Adult: S M L XL XXL XXXL

SCHEDULE: Basic Skills and Granby Camps

Tuesday, July 6

9:00-9:30 Registration and Check In
9:30-12:30 Session 1
12:30-1:30 Break (Lunch Provided)
1:30-4:30 Session 2
6:00-8:00 Evening Activities

Wednesday, July 7

9:00-12:00 Session 1
12:00-1:00 Break (Lunch Provided)
1:00-4:00 Session 2
6:00-8:00 Evening Activities

Thursday, July 8

9:00-12:00 Session 1
12:00-1:00 Lunch (on your own)
1:00-4:00 Session 2

PARENTS: PLEASE READ AND SIGN.

1. My child has permission to attend the Technique or Basic Skills Wrestling Camp at Glasgow High School.
2. I acknowledge that, at camp, my child will participate in a sport that will involve physical contact of the body with other persons or objects including the mat where he/she may risk injury.
3. I specifically, fully and forever, waive and release Granby System Wrestling Camp, Glasgow Schools, its owners and staff, Glasgow Wrestling Camps, camp clinicians and staff from liability and claims for damages my child may sustain at camp and in travel to and from said camp.
4. In the event of an emergency in which my child requires medical care, I authorize the staff of the Glasgow Wrestling Camps to obtain necessary medical treatment.

PARENT'S/GAURDIAN'S SIGNATURE:

_____ Date _____

Emergency Phone _____ (not home)

Alternate Emergency Phone _____

Drug Sensitivities _____ Other Allergies _____

Insurance Company _____

Policy Number _____

Camp Location:

Glasgow High School
175 Aberdeen
Glasgow, MT

For More Information:

Ryan Rauscher
(406) 289-0081
Brady Flaten
(406) 939-0209

Nearby Hotels:

Cottonwood Inn
(406) 228-8213
Koski's Motel
(406) 228-8282
La Casa Motel
(406) 228-9311
Campbell Lodge
(406) 228-9328

Open to all ages. Wrestlers age 8 and under must be accompanied by a parent.

Basic Skills Day Camp

This camp is designed to teach fundamental wrestling skills required to be a successful wrestler to those athletes with less than 3 years of wrestling experience. Camp Clinicians will be coaching staff and wrestlers from the 4-Time Class B State Champion Glasgow Scotties. The Basic Skills Camp is designed so that wrestlers have a positive and fun experience in a supervised environment while learning new wrestling skills

Lift Your Wrestling To The Next Level

It's so much easier than you think.

In just the last 5 years, over 30 teams using Granby System Wrestling formula have won state team titles.

GRANBY SYSTEM

- An approach to takedowns that dominates opponents
- Bottomwork that gets you out everytime
- How to Ride, Tilt, and Pin your way through the season
- The absolute best, most successful techniques in wrestling
- Details, Drills, and Strategies to easily master these tech-

What to Bring

Campers should bring a sleeping bag, pillow, towels, toiletries, work-out gear, wrestling shoes, head-gear, casual clothes, warm jacket, swim trunks, spending money for snacks, notebook, t-shirts, etc.

Most Importantly Bring A Great Attitude!

HOUSING

Wrestlers needing housing will stay with individual families in Glasgow. Host families will provide morning and evening meals and transportation to and from camp and evening activities. If you are local and can host wrestlers, please contact Brady Flaten or Ryan Rauscher. You will receive \$30 for every wrestler housed.

Technique Camp Head Clinician

Coach Jeff Hawkins
Granby System Wrestling
Kempsville High School,
Kempsville, VA



This camp is intended for the more advanced wrestlers with at least 3 years of wrestling experience. Coach Hawkins has taught Granby System Wrestling for 30 years with National Champions and NHSCA All American to his credit. Assisting Coach Hawkins will be Junior NHSCA All American Jeremy Mosley.

Learn our
**TOPWORK
SERIES**
and become a
**PINNING
SENSATION**

TOPWORK

- Cradles
- Turk
- Pressure Rides
- Bar Tilts
- Tight Pins
- And More

We'll show you
how to
**TAKEDOWN
ANYBODY**
at **ANYTIME**

TAKEDOWNS

- Inside Step
- Sweep Single
- High Crotch
- Front Headlock
- Set-ups & Finishes
- And More

Reverse every
opponent with our
**UNSTOPPABLE
BOTTOM
WORK**

BOTTOMWORK

- Granby
- Shrug
- 5-Point Rolls
- Standing Granby
- Granby Motion Series
- And More