

ARROWHEAD SUMMER WRESTLING CAMPS

Arrowhead Wrestling Camps have been designed to provide athletes of all ages with the skills and knowledge necessary to become champions. Our expert camp staff will cover all facets of the sport including: takedowns, pinning, escapes, reversals and mental attitude.

K - 2nd Grade Wrestling Camp: Fun & Fundamentals

The main focus of this camp is safety, fun, physical preparation, core skill development and fundamentals. These things are accomplished during a week of fun filled drills, games and live/situational wrestling. Activities develop cardiovascular fitness, balance, strength and flexibility while enhancing listening skills, leadership, fair play and sportsmanship.

Grades 3–8 Wrestling Camp

This camp emphasizes the proven fundamentals and core skills used by our highly successful Arrowhead wrestlers. Athletes will experience concentrated instruction, drilling and practical applications of the basic skills of wrestling along with the introduction of some advanced techniques. Athletes will be exposed to match tactics, strategies, competition protocol and key elements of being an important member of a team.

Camp Director: John Mesenbrink - Head Coach Arrowhead High School

Seventeen years of coaching experience

36 State Place-winners, 6 Runner-ups, 8 Champions

75 State Qualifiers

6x Wisconsin State Team Tournament Qualifiers

3x Wisconsin State Team Tournament Semi-Finalists

Wisconsin State Team Tournament Runner-up

National Coaches Education Program: Gold Level Certification (USA Wrestling)

Camp Staff:

Guest clinicians include many of Arrowhead's past and current greats, some of who are currently competing at the collegiate level.

Dates & Times:

K - 2nd Grade Wrestling Camp

June 15-17, 9:00AM – 11AM

Grades 3–8 Wrestling Camp

June 15-17, 12:30PM – 2:30PM

Cost: \$60 (includes camp t-shirt – indicate size on registration form)

Location: Arrowhead Union High School, South Campus - Lower Gym

Confirmation: Your confirmation will be sent via email along with other camp details.

For additional information, contact Coach Mesenbrink by email: mesenbrink@ahs.k12.wi.us

Registration form attached



ARROWHEAD WRESTLING CAMPS REGISTRATION FORM

Athlete's Name: _____ Gender: _____ Age: _____

School: _____ Grade (2009-2010 school year): _____

Address: _____ City: _____ Zip: _____

Home Phone: () _____

Parent email contact: _____

Camp Participant T-Shirt Size: YS YM YL AS AM AL AXL

Emergency Contact Person: _____ Phone: () _____

List Adult(s) camper is authorized to be released to:

Waiver: I understand that there is an inherent risk of injury while participating in any sport and in this camp. I understand that I am responsible for having health insurance that provides adequate coverage for injuries and illnesses my child may sustain while participating in camp. I hereby authorize the Arrowhead Wrestling Camp Staff to act for me, according to its best judgment in any medical emergency, and I hereby waive and release Arrowhead High School, said camp and its staff from any liability for injuries or illness incurred by my son/daughter while attending camp.

Parent/Guardian Signature: _____

Make Checks Payable and send to: John Mesenbrink
N81 W32362 Crown Point Court
Hartland, WI 53029