

Camper  
Name: \_\_\_\_\_

Parent(s)  
Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Please circle 2015/2016 grade level:  
1 2 3 4 5 6 7 8

T-Shirt Size—Youth S M L XL  
Adult S M L XL XXL

Family Physician \_\_\_\_\_

Physicians \_\_\_\_\_

Phone \_\_\_\_\_

Are there any allergies that we should know about? \_\_\_\_\_

Please list numbers to contact in case of  
Emergency: Name: \_\_\_\_\_

Phone \_\_\_\_\_

# \_\_\_\_\_ Relation: \_\_\_\_\_

I hereby certify to the best of my knowledge that my child is in good physical health and has my permission to participate in all camp activities.

X \_\_\_\_\_

Parents signature and Date \_\_\_\_\_

Fee: \$120.00

**Make checks payable to :**  
**Voorhees High School**

Please detach and return to:  
Coach Eric Hall  
256 County Rd. 513  
Glen Gardner, NJ 08826

**Coach Eric Hall**

**256 County Rd. 513**

**Glen Gardner, NJ 08826**

# VOORHEES WRESTLING SUMMER CAMP 2015

**Monday June 29th—  
Thursday July 2nd**

**8:30am - 12:15pm**

**@ Voorhees High School**

**Open to grades 1-8**

## Staff

Voorhees High School  
Wrestling Staff

Director: Eric Hall

Head Wrestling Coach

Voorhees High School

## Camp Essentials

### When?

June 29th - July 2nd, 2015

### Time?

8:30am - 12:15pm

### Where?

Voorhees H.S. Wrestling Room

### Camp Fee?

\$120.00

### Checks Payable to?

Voorhees High School Wrestling

### Equipment Needed?

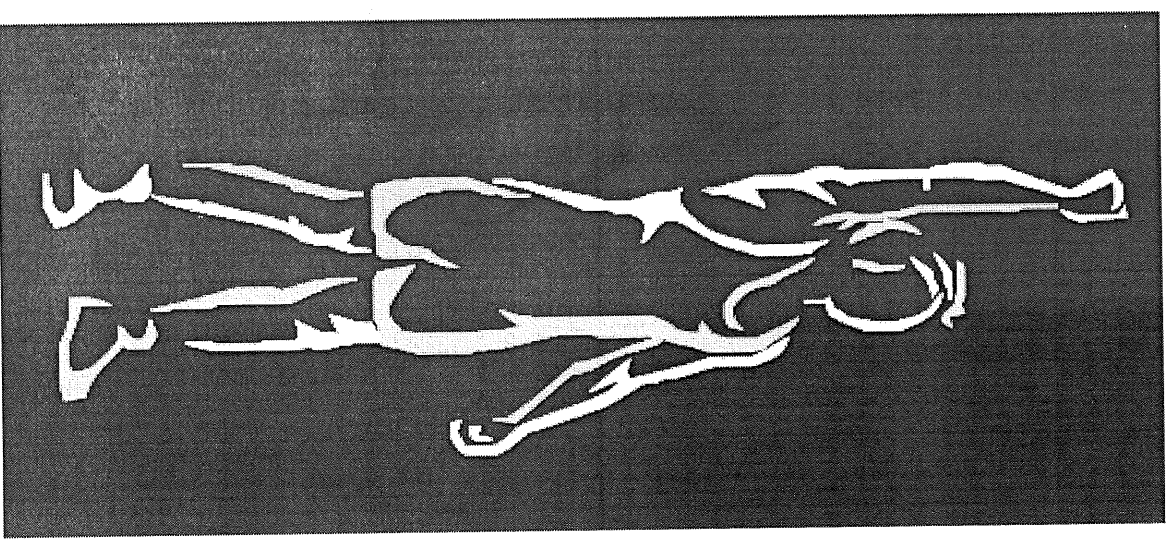
- \* Shorts
- \* T-shirt
- \* Wrestling shoes / Headgear
- \* Gym Sneakers / Water Bottle

## Camp Philosophy

The Voorhees Wrestling Program is dedicated to providing quality wrestling opportunities to all local and surrounding counties and communities.

### Camp Features:

Basic to intermediate level stance and footwork drills, Setting up, shooting, and finishing takedowns, Scoring from bottom and top position, Securing Pinning Combinations, Live sessions and matches. Proper dieting, nutrition & weight management, Proper conditioning, strength training drills & Goal Setting. Various Wrestling Games!



VOORHEES WRESTLING  
"ONLY THE TOUGH SURVIVE"