

# Clarkson-Leigh Summer Wrestling Technique Camp 2025



June 5 and June 6, 2025  
8:00 am-10:00 am  
Clarkson-Leigh Wrestling Room



**Technique Camp Emphasizing:** Basics of position, attacking, and defending. Introduction to leg wrestling and tilts, throws and counters.

**Schedule:** 1-8<sup>th</sup> Grade 8:00 am -10:00 am Wrestling Technique/Live Wrestling/Games

**Cost:** \$25 a camper

**Registration:** Please call or message Coach Molacek by May 1st to register. We will be accepting walk-ins. Walk-ins will not receive a camp t-shirt.

**Additional Information:** The intent of this camp is to instill and emphasize the importance of fundamentals in winning on the wrestling mat. There will be special emphasis placed on mat wrestling using the legs. There will be many pinning combinations and tilts being demonstrated and practiced as a part of this camp experience.

**Contacts:** Ryan Molacek      Mobile: (402) 380-8254

-----Complete and Return to Camps First Session-----

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

I certify that the above information is correct, and that the above wrestler has my permission to wrestle in the Clarkson-Leigh Wrestling Camp. I hereby release Clarkson-Leigh Public Schools and the Clarkson-Leigh Wrestling Club and their agents, from any liability for accidents or injuries occurring at this camp. I hereby authorize medical treatment administered by licensed medical personnel, in case of injury or accident. Additionally, Clarkson-Leigh Public Schools/Wrestling Club is not responsible for loss or theft of items left unattended.

Wrestler's signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_