

# Lincoln Youth Summer Wrestling Camp

June, 11-13, 2024, 2 Sessions (Beginner and Advanced)

No Experience Needed! We encourage first time wrestlers!  
Also, we suggest bringing a good workout partner to guarantee you have someone your skill and weight there to workout with!

**What:** A youth camp for athletes K-8 interested in getting involved in the sport of wrestling, or trying it out for the first time.

We will focus on, Properly warming up, Fun wrestling games that teach great athleticism, Basic wrestling technique, fun team competitions.

**Where:** The High School Mat Room (behind the main gym)

**When:** June 11-13 (Tuesday-Thursday)

Session 1 – Beginner 8:30 – 9:30 am (suggested 3 years or less experience, 8 or younger)

Session 2 – Advanced 10 – 11:30 am (suggested more than 3 years experience, minimum 9 or older)

**Who:** Any athlete in K-8 grades, all youth wrestlers are invited as well, this camp will focus on the introduction level of wrestling.

**Cost:** \$50 to register for camp. This includes a tshirt and snacks provided each day! Payment can be sent/mailed to:

lincolnwrestlingboosters@gmail.com or Lincoln Wrestling, Attn: Justin Dietrich

1000 Railerway

Lincoln, Il 62656

Registration Fees due by June 1, 2024

Please email Coach Dietrich ([jdietrich@lchsailers.org](mailto:jdietrich@lchsailers.org)) to register and I will send back a Google Form to sign up!

Wrestler Name: \_\_\_\_\_

Age or Grade: \_\_\_\_\_

Approx Weight: \_\_\_\_\_

"I hereby acknowledge that participation in the tournament and related activities involves an inherent risk of physical injury to my child. In consideration for accepting my child into the tournament, Lincoln High School is not responsible for injuries or lost or stolen items"

\_\_\_\_\_  
Wrestlers Name

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
Parent/Guardian Emergency Phone Number

\_\_\_\_\_  
Today's Date