

Daily  
Schedule



9:00 - 10:30 Session 1 Technique

10:30 - 11:30 Conditioning and Games

11:30 - 1:00 Session 2 Technique

Fun \* Instruction \* Games \* Skills

This camp is designed for students entering 1<sup>st</sup> through 6<sup>th</sup> grade interested in learning wrestling or becoming a better wrestler. We will separate wrestlers by age and experience.

Cost

The cost of the camp is \$125 if registered by July 1st, 2010 and \$150 if registered after this date. All campers will receive a t-shirt. **A \$25 non-refundable deposit must accompany this registration form.**

Please make check payable to:

Friends of Seaford Youth Wrestling

5 Brewster Road West

Massapequa, NY 11758

Camp Facilities

Seaford High School wrestling rooms. We will be using both the middle school wrestling room and the new varsity wrestling room. The new varsity room is a state of the art room and is temperature controlled.



What To Bring?

- Water or sports drink
- Sneakers (If you have wrestling shoes great, but don't worry if you don't)
- Shorts and t-shirt

The distribution of this flyer by the Seaford School District is a courtesy extended to the activities of this organization. In no way does the Seaford School District sponsor or accept any responsibility for these activities.

Seaford Summer  
Wrestling Camp  
2010



July 19 - 23, 2010

9AM - 1PM



## Coaching Staff

Dave Takseraas - All-county wrestler for Seaford and Division 1 college wrestler. Assistant SHS varsity coach and middle school coach

Robert Takseraas - All-county wrestler for Seaford and Division 1 college wrestler. Assistant SHS varsity coach.

Sal LoStrappo - SHS Varsity coach. 1998 Nassau County coach of the year and multiple time conference coach of the year. 2-time county finalist for Seaford.

Neil Murray - SHS JV coach. All-county wrestler for Seaford.

Former and current Seaford wrestlers will serve as counselors.



## WHY WRESTLE?

- TO GET/STAY IN SHAPE
- TO MEET NEW PEOPLE
- SELF DEFENSE
- TO BECOME FLEXIBLE
- MENTAL TOUGHNESS
- POISE UNDER PRESSURE
- EASY TO START
- CAMARADERIE
- ANYONE CAN DO IT
- YOU WILL HAVE FUN

## SEAFORD VIKING WRESTLING TRADITION

- 76 All-County wrestlers since 1994
- 7 consecutive conference championships (2004 - present)
- Multiple top 10 finishes in the county tournament

## The Tradition Continues...

Any questions email:

[seafordwrestlingcamp@yahoo.com](mailto:seafordwrestlingcamp@yahoo.com)

[www.seafordwrestling.com](http://www.seafordwrestling.com)

Camper's Name \_\_\_\_\_

School \_\_\_\_\_

Grade Entering 9/2010 \_\_\_\_\_ Age \_\_\_\_\_ D.O.B \_\_\_\_\_

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

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

T-Shirt Size (Circle One) S M L XL

Emergency Contact

Name/Phone \_\_\_\_\_

Family email: \_\_\_\_\_

### CONSENT

I understand that any camper who does not abide by rules and regulations set forth by the camp is subject to dismissal without reimbursement or recourse. I assume full responsibility & liability for any and all injuries my child may sustain during camp. I hereby authorize the staff of the camp to act for me according to their best judgment in any emergency situation.

Print Camper's Name

\_\_\_\_\_

Signature of Parent / Guardian

X \_\_\_\_\_

