

ROCHELLE WRESTLING

SUMMER CAMP

Ages K-8th Grade (Beginners-Intermediate Skill Level)

July 12th – 14th, 2022

Camp Info

The camp will cover all areas of wrestling including takedowns, set-ups and finishes, top work, bottom work, pinning combinations, conditioning, and mental preparation.

Camp will be held at Rochelle Township High School and technique will be presented by RTHS staff and wrestlers.

For more information please contact:

Alphonso Vruno 815-562-4161 x 2106
avruno@rthsd212.org



Sessions: Tuesday-Thursday

Beginner Camp (K-8th grade 1:30 – 3:00 p.m.)

Camp will be right after Middle School Hub Power, and will be run to target kids new to the sport
Please arrive 15 minutes early.

Cost:

\$25

Camp Schedule:

Tuesday – Stance, single leg takedown, double leg takedown, finishes, and defense

Wednesday – Review neutral position, standup, sit out, hip heist, and live situations

Thursday – Review neutral and bottom positions, half series, cross face series, and live situations

PLEASE TURN FORMS IN TO THE ATHLETIC OFFICE BY July 8th. Or, fill out the google form located on the RTHS or RWC Facebook pages (If you do this, please bring payment to the first day of camp!)

Name: _____

Address: _____ Shirt Size: _____

City/State/Zip: _____ Telephone: _____

Email _____

As a parent or legal guardian of the above athlete, I hereby waive any responsibility to the clinicians and Rochelle High School for any accidental injury that may occur during the participation with this wrestling clinic.

Signed: _____ Date: _____

Please make checks payable to the RTHS-Wrestling.

Return to Coach Vruno or mail to:

RTHS Wrestling – Alphonso Vruno
1401 Flagg Road
Rochelle, Illinois 61068