

Camp is located on the Victor High School Campus at 953 High Street, Victor NY 14564

# APEX YOUTH FOOTBALL/YOUTH WRESTLING CAMP JUNE June 26<sup>th</sup>-29<sup>th</sup> 2017

Attend 1 or BOTH for a full day of sport related skills, drills, and games

### Youth Football Camp Staff

**Craig Kaper**, Victor English Teacher, Varsity Wrestling Coach, Junior High Football Coach

**Ian Ammons**, Victor Assistant Football and Wrestling Coach

**Matt Hallaran**, Victor Assistant Football and Wrestling Coach

These coaches will also assist with wrestling!

\*\*\*More certified coaches will be available if necessary.

### Camp Goals:

▲ Teach basic skills and fundamentals of football that include but not limited to:

- Passing
- Catching
- Route Running
- Offense/Defensive Strategy

▲ Encouragement of teamwork.

**Location:** Grass Field directly next to Victor's HS Turf Field.

**Eligibility:** All students entering Grades 2-8 for the 2017-18 school year.

**Time:** 9:00-11:00 am

**Cost:** \$65, includes a t-shirt

**What to Bring:** Football cleats or sneakers, t-shirt, shorts

### Youth Wrestling Camp Staff

**Jason Bovenzi**, Physical Education Teacher, Pittsford Central Schools Head Wrestling Coach at the Rochester Institute of Technology.

Coach at Apex Wrestling Club

E: Jason\_bovenzi@pittsford.monroe.edu

**Lewis Cucchiara**, Head Wrestling Coach, HF-L, 2 time New York State Representative and Placewinner for Gates Chili HS, Coach at G2 Wrestling  
**Exemplary Apex Alumni will also assist in instruction and supervision.**

### Camp Goals

- ▲ Teach & reinforce the basic skills and fundamentals of wrestling while gradually progressing into higher levels of technique.
- ▲ Encourage self-confidence and a positive attitude towards the sport of wrestling.
- ▲ Stress strategies & techniques that have been proven to be successful for all wrestlers.
- ▲ Promote fun in a physical setting while focusing on learning.

**Location:** Victor HS Wrestling Room (directly off of the HS Gym)

**Eligibility:** All students entering grades 2-8 for the 2017-18 school year. No experience necessary.

**Groupings:** Wrestlers will be grouped by age & ability level.

**Time:** 11:30 am – 1:30 pm.

**Cost:** \$65, includes a T-shirt

**What to Bring:** Sneakers, t-shirt, & shorts. Wrestling shoes are recommended, but not required.

Parents please note that both camps are an option for your son. Should they choose the option to attend both camps, instruction will take place from 9:00-1:30pm with a 30 minute break for lunch. NYS Certified Teachers will be instructing and supervising your child throughout the day providing them with sport specific instruction and meaningful game experiences. The Football and Wrestling programs are excited about providing this option to our students.

REGISTRATION FORM: Please Print & Mail to: 20 Hopper Hills Way, Mendon NY 14506.

Morning Session (Football) \$65 Checks payable to Apex Wrestling

Afternoon Session ((Wrestling) \$65 Checks Payable to Apex Wrestling

Both Sessions \$100.

Athlete Name: \_\_\_\_\_ Parent or Guardian: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_ Cell Number \_\_\_\_\_

Birth date: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ School District: \_\_\_\_\_

Shirt Size: Youth: YS YM YL Adult: AS AM AL AXL A2XL Weight: \_\_\_\_\_ Yrs. Experience: \_\_\_\_\_

Person to notify in case of emergency: \_\_\_\_\_ Phone # \_\_\_\_\_

Allergies/Medications: \_\_\_\_\_

Insurance Provider: \_\_\_\_\_ Policy # \_\_\_\_\_

Parents Email Address: \_\_\_\_\_

Neither Apex Wrestling nor the staff of the Apex Wrestling Youth Camp assumes responsibility for accidents or medical expenses incurred as a result of participation. All athletes must assume responsibility for any medical expenses incurred. I have adequate medical coverage and insurance and give my son/daughter permission to attend the Apex Wrestling Youth Camp and I agree to indemnify Apex Wrestling and its employees for any claim which may hereafter be presented by my child as a result of any such injuries.

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

Check # \_\_\_\_\_ Amount \$ \_\_\_\_\_ Cash \$ \_\_\_\_\_