

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

APEX YOUTH FOOTBALL/YOUTH WRESTLING CAMP JUNE

June 25th-28th 2018

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 2018-19 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

* 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.

Camp Information:

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

Eligibility: All students entering grades 2-8 for the 2018-19 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 \$ _____