RIDGEWOOD COMMUNITY SCHOOL PRESENTS

Ridgewood Summer Wrestling Camp 2024

For students entering Grades 3-12

July 1-3 & July 5th
9 am – 12 noon

Run by the RHS Wrestling Staff

THE OBJECTIVE

The camp is designed to provide young wrestlers with a comprehensive review of fundamental wrestling skills. ***All Beginners Are Welcome!!*** Workouts will consist of technique instruction, skill related drills, competitive games & live wrestling.

THE INSTRUCTIONAL SEQUENCE

The techniques taught during the week will include takedowns and counters from the neutral position, breakdowns, rides and pinning combinations as well as escapes and reversals.

THE STAFF

The camp personnel will consist of the Ridgewood High School Wrestling staff, led by Head Coach Torre Watson, as well as some members of other area high school coaching staffs. All of the coaches have extensive wrestling backgrounds, and numerous years of experience working with elementary and middle school students. The coaches will be assisted by some of the area's best high school wrestlers for the purpose of providing each camper with as much individual instruction as possible. In addition, we plan to have a college coach, and a Division 1 wrestler on hand to do daily clinics during this week.

WHAT TO BRING

Campers should bring shorts, a t-shirt, wrestling shoes, and a water bottle.

TUITION

$275 per camper

LOCATION

RHS – Gym 2

4 EASY WAYS TO REGISTER

1. Mail the form with your payment.
2. Drop at 49 Cottage Place, by appointment.
3. Phone it in. (201) 670-2777, 1-4 pm, Monday through Friday. CHARGE ONLY.
4. Online registration: Charge Only. We accept Visa and Mastercard. https://tinyurl.com/y9g5khze

RCS WITHDRAWAL

We accept visa or mastercard. Checks should be made payable to Ridgewood Community School. Tuition includes a non-refundable $25 registration fee. If you need to withdraw your child from the class, you must submit your request in writing by 4 pm on Monday, June 14th. If you do so, the tuition will be returned less the $25 registration fee.

Make check payable to RCS.
PLEASE PRINT

Wrestling Camp 2024
RCS, 49 Cottage Place
Ridgewood, NJ 07450

Summer 2024
Cash ☐
Check ☐
Credit Card ☐

Name _____ **DOB** _____
LAST **FIRST**

Address _____

Town _____ **Zip** _____

School _____ **Phone 1** _____

Phone 2 _____ **Parent Name** _____

COURSE TITLE **Wrestling Camp 2024** **COURSE NO.** **989**

Grade entering in Sept 2024 _____ **Weight** _____ **Fee** **$275**

Parent email _____

Credit Card # (VISA or MCARD) _____

CVV _____ **Expiration Date** _____