

RED & BLACK WRESTLING Presents Takedown and Turns Wrestling Camp

July 10th—July 13th

Monday through Thursday— 9:00am to 12:00pm

Red and Black Wrestling Takedown and Turn Camp

There is no area more important than the neutral position. Matches are often won or lost in this position. Majority of a match time may be spend on the wrestlers feet fighting for a takedown and if it comes down to the first sudden victory period, again you start in the neutral position.

This specialized camp will focus on teaching takedowns and turns with an emphasis on transitioning the takedown into back points or a fall.

Multiple set ups, Greco and folkstyle pummeling technique and takedowns will be taught.

Offensive takedowns, such as, leg attacks, upper body holds, foot sweeps, duck unders, arm drags, throw by and trips.

Defensives takedowns, such as, front headlocks, short drags, pancakes, snap and spins and countering offense as well.

Includes live wrestling everyday and a takedown tournament at the end.

Information

Camp Director: Coach Rick Marabell, the current head wrestling coach at Creekside High School. The past 9 seasons, since the program inception, he has developed 32 district champions, 79 regional qualifiers, 6 regional champions, 25 state qualifiers, 5 state placers and 1 state champion

Location: Creekside High School wrestling room @ 100 Knights Lane, St. Johns, FL 32259

Grade Levels Included: Kindergarten through incoming freshman level.

Teaching Groups: Youth, Beginners and Advanced

Equipment Needed: Wrestling Shoes, must dress in T-shirt & shorts. Head-gear & Knee pads optional & a mouthpiece (if wearing braces) **Campers are encouraged to bring healthy snacks & drinks**

Wrestling Camp Cost: \$100 per camper, which include a free camp T-shirt.

Sibling or Group Discounts: Please contact Coach R. Marabell for rates

Make Check Payable to: Red & Black Wrestling.

<https://redandblackwrestling.wordpress.com/red-and-black-wrestling-camp/>

Question: contact Coach Rick Marabell @

redandblackwrestling@gmail.com or call 904-237-0989

SEE REVERSE SIDE FOR APPLICATION

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Red and Black Wrestling Camp Application

Wrestler's Name: _____

Age: _____ Grade: _____ Weight: _____ Experience: _____

Email: _____

T-Shirt Size: (Youth Sizes) YS YM YL (Adult Sizes) S M L XL XXL

Medical Insurance Company _____

Policy # : _____

Policy Owner _____

Company Address _____

Allergies _____

Medications _____

Parent or Guardian will be contacted in case of emergency.

Waiver and Release: I, the undersigned, hereby certify that I am the parent or legal guardian of the camper. In consideration of my application being accepted, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrator, waive, release, and forever discharge any and all rights and claims for damages, which I may have or assign which may hereafter accrue to me against St. Johns County School System and instructors for any and all damages which may be sustained or suffered by me in connection with my association with, or participation in, and for arising out of my traveling to or returning from Red and Black Wrestling Camp to be participated on the grounds of Creekside High School. The camp directors have permission to seek medical attention for my child, and I grant permission for the implementation of appropriate medical treatment in event of injury or sickness. I hereby certify that my child is physically fit to participate in an active wrestling camp and that I know of no physical impairments which would limit participation.

I hereby certify that I have read and fully understand this waiver of liability

Print (Parent or Guardian): _____

Signed (Parent or Guardian): _____

Home: (_____) _____

Cell: (_____) _____

Work: (_____) _____

Additional Contact in Case of Emergency

Red and Black Wrestling Camp Pre-Registration