

## Winter Wrestling Camps

*This winter wrestling camp is for boys in grades 3-8 who are interested in learning more about the great sport of wrestling.*

*The wrestlers will also learn about their Savior, Jesus Christ, and how he showed His love to us by dying for our sins and rising from the dead.*

*The boys will also learn about what it means to be a good role model, a Christian athlete, and a responsible member of the community.*



### Reminders:

1. Registration is due by December 10 **if you want a t-shirt.** (\$15 either way).
2. Please indicate what size shirt your son wears.
3. Camp is on Saturday, January 2, from 10:00-12:00 (gr. 3-5), and 1:00-3:00 (gr. 6-8)
4. Camp is located at St. Paul Lutheran School in their Gymnasium.
5. Phone numbers are 733-9061 (school) or 277-0650 (cell) or email, [natek@stpaulappletonwi.com](mailto:natek@stpaulappletonwi.com)

*"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

*Philippians 3:14*

St. Paul Lutheran Church  
and School

## Winter Wrestling Camp

### Press on!

*"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.  
Philippians 3:14*

**Saturday, January 2**  
**10:00-12:00 (Gr. 3-5)**  
**1:00-3:00 (Gr. 6-8)**

Tel: 920-733-9061

## Camp Registration

**Who:** All boys in grades 3-8

**When:** Saturday, January 2, 2009; 10:00-12:00 (3-5); 1:00-3:00 (6-8).

**Cost:** \$15, (T-shirt provided)

**How to register:** Mail this registration form to St. Paul Lutheran School, with registration fee.

St. Paul Lutheran School  
C/O Wrestling Camps  
225 E. Harris St.  
Appleton, WI 54911

Name: \_\_\_\_\_

2009/2010 Grade: \_\_\_\_\_

School Attended: \_\_\_\_\_

Phone : \_\_\_\_\_

Address: \_\_\_\_\_

City, St., Zip: \_\_\_\_\_

Shirt Size: YM YL AS AM AL AXL

Parent Sig: \_\_\_\_\_

**Must be returned by December 10, 2009**

## Camp Instructors

The primary instructor for this camp is Nate Kallies, principal at St. Paul Lutheran School. There will also be student instructors from Fox Valley Lutheran High School.

## What will my child learn?

Your child will learn the proper way to warm up for wrestling, basic wrestling skills (takedown, breakdown, reversals, pin moves) as well as some of the basics of the Granby system of wrestling.

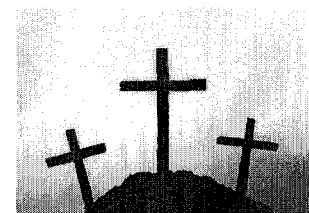
Older, more experienced athletes will learn more advanced techniques that will enable them to improve their wrestling competition.

## Where is St. Paul Lutheran?

St. Paul Lutheran School is located at 225 E. Harris St. There is parking at the corner of Franklin and Durkee streets behind our church building. Look for signs to the gym once you are on the grounds. **Please call if you have any questions: 733-9061 or 277-0650.**

## Disclaimer

**\*\* By signing up your child for this wrestling camp, you are waiving your right to hold St. Paul Lutheran Church and School liable for any injuries that may occur on the church and school grounds.**



Giving Glory to  
Christ!!

## St. Paul Lutheran Church and School

225 E. Harris St.

Appleton, WI 54911

**Phone:** 920-733-9061

**Cell:** 920-277-0650

[natek@stpaulappletonwi.com](mailto:natek@stpaulappletonwi.com)

[www.stpaulappletonwi.com](http://www.stpaulappletonwi.com)

Fox Valley Lutheran Youth Wrestling Tournament 2010  
Friday, March 5, 2010 5:30 p.m.

- THIS IS A PRE-REGISTRATION TOURNAMENT. MAIL, E-MAIL, FAX, OR HAND-DELIVER YOUR ENTRIES. THE DEADLINE IS 5:00 PM WEDNESDAY, March 3, 2010. FAX # 920-739-4418 [tbentz@fvlhs.org](mailto:tbentz@fvlhs.org) Tim Bentz FVLHS 5300 N. Meade St. Appleton, WI. 54913**
- Accuracy on name, weight, age, grade, and skill level on the entry form is of utmost importance.**
- Wrestlers weighing more than two pounds above the registered weight on Friday, March 5<sup>th</sup>, may be dismissed from participation, lose their entry fee, and lose an award.
- Brackets will be made on Thursday night, March 4, 2010, so that wrestling can begin without delay on Friday, March 5, 2010.
- To be concurrent with our school board policy regarding wrestling at FVL, boys and girls will not be bracketed together. **PLEASE CALL** if you have girls who wrestle. If possible, we will make girls only brackets if they are close in age and weight.
- Starting time for all grade levels is 5:30 PM.** Grades K-2 will finish by approximately 8:00 PM.
- Age divisions are: (K), (1-2), (3-4), (5-6), (7-8). Wrestlers will be placed into 4 or 5 man brackets based on weight, grade, age, and skill level.
- Extremely light or heavy boys may have fewer boys in their brackets, may move to a different grade division, or may have their entry fee refunded.
- Coaches or parents of extremely light or heavy boys should supply information about the advisability of moving that boy to another division to wrestle. Please supply a phone number if we have a question while bracketing.
- Rules for K-2: No Tears, Non-competitive. One three-minute period per match.
- Rules for Grades 3-8: High School rules. Two ninety (90) second periods, each starting in the neutral position.
- Awards: K-2 receive ribbons. Grades 3-8 receive medals for 1<sup>st</sup> and 2<sup>nd</sup>, ribbons for lower places.
- Officials: K-2 are volunteers. WIAA officials for grades 3-8.
- Parents must sign the entry form. Entry fee must accompany the parental permission form.
- Questions? Call FVL at 920-739-4441 or Tim Bentz at 920-749-0143 or [tbentz@fvlhs.org](mailto:tbentz@fvlhs.org).
- Need an entry form? Visit [www.fvlhs.org/athletics](http://www.fvlhs.org/athletics)

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Please Print.    Enclose \$5.00 for grades K-2.                      Make any check out to: Fox Valley Lutheran High School  
                         Enclose \$8.00 for grades 3-8.

Wrestler's Name \_\_\_\_\_ Grade K 1 2 3 4 5 6 7 8

School/Club \_\_\_\_\_ Age 4 5 6 7 8 9 10 11 12 13 14

City \_\_\_\_\_ Rating      A      B      C

Wrestler's Weight \_\_\_\_\_

Rating Scale:

A – Annually wins over 2/3 of his matches.

B – Annually wins between 1/3 and 2/3 of his matches.

C – Annually wins less than 1/3 of his matches/never wrestled before.

As parent and/or guardian, I give my child permission to wrestle in the Fox Valley Lutheran Youth Wrestling Tournament on March 5, 2010. In case of injury, I release FVL and all tournament workers from any and all claims of damage.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent or Guardian

