

BULLDOG CAMP STAFF

Chuck Hoskins, Westfield H.S. 17 years Head Coach
Derek Donahue; 16 years H.S., Youth and Travel Coach

Camp Clinicians:

Paul Grinups, Regional Champ/State Champ
Ryan Schalk, Regional Champ/State Runner-up (currently
wrestling at Rose-Hulman College)
Jake Carey, State Champ/4x District Champ
Brett Sposa, Regional/State Placer
Eric Poppe, 3x District Champ/Regional Champ

Our Wrestling system has developed:

5x Concorde District Individual Team Champions
5x Concorde District Dual Team Champions
49 District Champions
17 Region Champions
55 State qualifiers
20 State place winners
4 State Champions
2 All-Americans
17 All-Met honors
1 NCAA Div II All-American

CAMP SCHEDULE

- Warm-up/stretching
- Instruction
- Drilling
- Situation wrestling
- Live wrestling
- Review
- Strategy
- Games

THINGS TO BRING

- Wrestling shoes
- Athletic shorts
- T-shirt

BULLDOG WRESTLING CAMP

WHERE: Westfield High School, 4700 Stonecroft Blvd., Chantilly, VA 20151
 (All wrestlers must enter through exit 10. Please make sure your camper does not leave
 the designated area.)

WHEN: July 1- 3, 2008

TIME: 0900 - 3:00

COST: \$125.00

Register by May 1 and receive a FREE Bulldog Wrestling Camp T-Shirt!
Space is limited to the first 50 campers. This camp will fill up quickly!



Westfield
High School

BULLDOG WRESTLING CAMP



July 1 - 3, 2008

*The Bulldog Wrestling Camp
will meet your needs!*

BULLDOG WRESTLING CAMP

July 1-3, 2008

Grades 2nd - 8th

-Session: 0900 -3:00 (\$125.00)

At the Bulldog Wrestling Camp, our philosophy is simple -

- Teach and build on solid fundamentals
- Employ a progressive system of related holds and techniques
- Develop a positive mental attitude toward competition



"The Bulldog Wrestling Camp has helped our wrestlers tremendously the past several years. Our wrestlers have begun to compete with the best youth wrestlers on the East Coast, and much of their success can be attributed to training they have received at this camp. The instruction and drill time on many of the basics and the special tips have been invaluable."

Dave Campbell, Commissioner,
NOVA MATDOGS

"Not only does the Westfield Staff develop the skills and techniques of wrestling, they also develop values that our kids will use for the rest of their lives"

Mike and Kathy Sposa

"The skills and experience the SYA wrestlers gained last summer at the Bulldog Wrestling Camp gave them a tremendous advantage over the other wrestling clubs in the Northern Virginia Wrestling Federation during the 2005 season"

Jeannie Donahue,
SYA WRESTLING COMMISSIONER



BULLDOG WRESTLING CAMP

REGISTRATION FORM

CHILD'S LAST NAME		FIRST NAME		NICKNAME	
GRADE in 08	AGE	Yrs of Exp.	HIGH SCHOOL YOUR CHILD WILL ATTEND	Email Address	
T-SHIRT SIZE (CHECK ONE)					
Adult Sizes:			<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L
			<input type="checkbox"/> XL	Child Sizes: <input type="checkbox"/> S <input type="checkbox"/> M	
PARENT'S NAME			ADDRESS		
CITY		STATE		ZIP	
HOME PHONE		BUSINESS PHONE		CELL PHONE	
FAMILY PHYSICIAN			PHYSICIAN'S PHONE		

MEDICAL CONSENT

I hereby state that my child is in good, normal health and has my permission to participate in all activities. In addition, I authorize the Bulldog Camp Staff to act for my child in the event of an injury or illness.

Registration requires a parent/legal guardian to sign below agreeing that in case of an accident involving their child while attending the Bulldog Wrestling Camp, they release the Camp, Sponsor, Counselors and Director from any and all liability.

NAME OF PARENT/LEGAL GUARDIAN (PLEASE PRINT)	SIGNATURE OF PARENT/LEGAL GUARDIAN	DATE
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EMERGENCY CONTACT INFORMATION

CHILD'S NAME	EMERGENCY CONTACT PHONE
EMERGENCY CONTACT NAME	RELATIONSHIP TO CHILD
LIST SPECIAL MEDICAL CONDITIONS OR ALLERGIES	

HEALTH INSURANCE INFORMATION

INSURANCE COMPANY	POLICY NUMBER
GROUP NUMBER	ID NUMBER

Please make checks payable to Westfield Booster Club
After June 1, there will be a \$50.00 administrative fee charged for all refunds.

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Mail application and check to: Westfield Booster Club, Attn: Bulldog Wrestling Camp
4700 Stonecroft Blvd, Chantilly, VA 20151