

Wrestler's Name:

Years Experience:

Age:

Grade:

Parent's signature:

Address:

City:

State:

Zip:

Phone:

Email:

T-Shirt Size:

Resident of Mid-West School District *\$35.00*

Non-Resident of MWSD *\$75.00*

Registration limited to the first 200 paid!

Return form and check made payable to:

MWWA

PO Box 224

Middleburg, Pa 17842

Why Wrestle?

Healthy & Strong: You'll never be in Better Shape in Your Life - A fully conditioned wrestler is the most aerobically fit athlete of any sport. With cat-like precision and explosive power, a wrestler executes a burst of energy every 6 to 10 seconds during a match. Wrestlers look healthy, fit and muscular because of the way they train.¹ Ounce for ounce, you will not find a stronger athlete than a superior wrestler. Many unskilled and inexperienced wrestlers have achieved victory through natural strength alone. Those who achieve true greatness are skilled, experienced, and strong; often due to off season strength training and conditioning.

Speed: Speed is an indirect outcome of wrestling. It is achieved by the strength and conditioning requirements for a wrestler in training. Quickness is often a trait acquired on the mat by experience. The truly great wrestlers will instinctively and quickly react to situations to gain the advantage.

Mental Toughness: Thought is required to analyze and consciously work your opponent. Fear, confidence and attitude are all learned behaviors. You will discover that much of what you'll get out of the wrestling room, you can use in the boardroom, the classroom and the living room. The type of skills that you'll need to bounce back from life's true tests: fear, failure and disappointment. Wrestling can help re-program your mind for these valuable tools by teaching you how to work through physical and mental pain and exhaustion, how to set goals and reach them and how to make failure your learning curve for success.¹

Coordination and Balance: Coordination and balance are interrelated in that a wrestler measures his opponent, using a series of motions with hands, arms, and feet to lift, trip, drag, push, or pull his opponent to the mat under control.

Team Work: Wrestling combines the advantage of team work as a dual team member, while allowing a wrestler to rise to victory based upon his own merits or handle defeat with no one to blame but himself.

Pool Party on Friday July 24th
7:00pm at the Middleburg Pool
Family members are
invited to attend!

Please return
Registration Forms by
June 27th to receive
your 2009 Mustang
Camp T-Shirt.

Location!
Middleburg Middle School
10 Dock Hill Rd
Middleburg, PA 17842

Please direct any questions to
Dale Franquet
Phone (570) 837-1150
Visit our website at:
www.middwestwrestling.com

Session Times:

Mon July 20th-Fri July 24th

3:00-5:30PM

Mon July 20th -Thurs July 23rd

6:00-8:30PM

All wrestlers are encouraged to attend both sessions.

A light meal will be provided between sessions, Monday-Thursday around 5:30pm. Please refrain from bringing your own lunch items unless you have allergy or special diet restrictions.

MWWA will not be held responsible for the loss or damage of personal items, so please do not bring: Gameboys, Nintendo DS games, iPods, Cameras, Cell Phones, or any other items that could be lost, damaged or stolen.

Things you should bring to camp: Water Bottle, Gatorade, Shorts, Wrestling Shoes, T-Shirt, Knee Pads, energy, and enthusiasm!
Please report directly to camp the first afternoon around 2:30-2:45pm.

**Midd-West Wrestling Association
PO Box 224
Middleburg, PA 17842**

Three horizontal lines for writing on a light blue background.



Mustang Wrestling

Camp 2009

July 20th-July 24th