



2023 LEXINGTON WRESTLING CAMP

July 17-19, 2023

Rising 1st - Rising 6th graders



**The camp will run from 9am - 12pm at the LHS
Wrestling Room.**

All Campers will be instructed in the fundamentals of wrestling with emphasis on core moves, proper drilling technique, and lots of games. Lexington coaches and wrestlers will be instructing. Camp is recommended for anyone with no wrestling experience - 2 years.

What You Should Bring: Wrestling shoes or tennis shoes, athletic shirt and shorts, a refillable water bottle

Free T-shirt to campers who register by Monday, July 3rd.

**Camp Cost: \$60 - cash or checks made payable to LHS
Wrestling**

\$50 a camper for families sending 2+ kids.

Bring check or cash on the first day of camp (made payable to Lexington High School) and complete the following form (next page) and scan or send to this email address to complete registration ceowens@lexington1.net

Lexington Wrestling Camp Registration 2023

Camper Name(s): _____

Parent Contact Name: _____

Parent Contact Email: _____

Parent Contact Phone: _____

Elementary School: _____

T-Shirt Size: _____
(Please Indicate if the size is "Youth" or "Adult")

Photo Permission (Posting Camp Photo at completion of the camp to Lexington Wrestling Social Media - Twitter, Facebook, Instagram)

Yes

No

This is to certify that my child/ward has had an adequate medical exam and is physically fit to participate in the activities of this camp. I also understand that I will provide and pay for all medical treatment for my child/ward and will not hold LHS, LSD1, or any agents thereof liable for injuries incurred while my child/ward is attending this camp.

Signature: _____