

# S. GA EXPLOSIVE WRESTLING CAMP



SATURDAY, NOV. 4, 2017

9 AM – 3 PM (lunch = 12:30-1:30)

## PIERCE COUNTY MIDDLE SCHOOL (Gymnasium)

(TIM "RICO" GILBERT), WILL BRING OVER 37 YEARS OF WRESTLING EXPERIENCE ON THE MAT TO YOUR SCHOOL. COMPETED NCAA D1, & INTERNATIONAL (EUROPE), COACHED HS; OFFICIATES HS; NCAA; NATIONAL COMPETITION. I TRAIN WRESTLERS FROM ELEMENTARY SCHOOL AGE (5-10) TO COLLEGE LEVEL, ALWAYS CONCENTRATING ON MASTERING BASIC TECHNICS & DRILLS. COMPETING/COACHING/OFFICIATING; A COMBINATION MOST INSTRUCTORS DO NOT HAVE. TEACHING BASIC TECHNICS, DEFINING THE SPORT OF WRESTLING, ENCOURAGING HEALTHY EATING HABITS DURING & OFF SEASON, POINTING OUT STRENGTH & WEAKNESS, STRENGTH & CONDITIONING DURING & OFF SEASON, HOW TO WIN...DISCIPLINE, DEDICATION, RESPECT, SPORTSMANSHIP; WE BUILD CHAMPIONS!!!! POTENTIALLY WE WILL HAVE A COUPLE OF COLLEGE WRESTLERS ASSISTING WITH THE ATHLETES. TIM "RICO" GILBERT – HEAD CLINICIAN – [912-322-3185](tel:912-322-3185) [djrco2@yahoo.com](mailto:djrco2@yahoo.com)

**Cost:** \$50 (lunch included)

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Grade \_\_\_\_\_ School Name \_\_\_\_\_

### Medical Release and Insurance

Every camper attending Bear camps must be covered by parent's insurance. I, \_\_\_\_\_, submit that my child \_\_\_\_\_ is physically fit and is able to participate in strenuous activity and hereby I waive the Pierce County BOE from responsibility for illness and/or injury. I hereby authorize camp staff to act on my behalf in their best judgment in any emergency medical situation. I understand that I am solely responsible for payment of such medical expenses.

Signature of parent or guardian below will serve as medical release.

\_\_\_\_\_  
Signature of Parent/Guardian Date

\_\_\_\_\_  
Insurance Carrier Policy #

For further information call:

David Lanier at 449-2077(PCMS) or 286-7858 (cell)

[dlanier@pierce.k12.ga.us](mailto:dlanier@pierce.k12.ga.us)

**Payment Information: MAKE CHECKS PAYABLE TO PCMS.**

Register early to guarantee your space. Send registration and prepayment to David Lanier at PCMS.

OR

Pay the morning of the camp. Registration will begin at 8:30am.

**SPACE IS LIMITED, SO DON'T HESITATE TO TAKE ADVANTAGE OF THIS UNIQUE CAMP.**

**Ages for camp is 8 years old and older.**

