Watkins Trained 1% West Virginia Wrestling Camp

Attention Mom, Dad and Coaches : We cordially invite your child to participate in a very special opportunity. We believe the sport of wrestling teaches many of life's lessons, such as discipline, determination, and accountability. The sport truly helps build character in a person and teaches individuals to be the best that they can be as well as to compete at a high level. Athletes in this sport will take the competitiveness that they have learned into the classroom and use it later on in life.

About Coach Watkins:

- Head Wrestling Coach at West Stokes High School
- Former Assistant Coach at Wayland Baptist University NAIA (2 men All Americans, 7 women All Americans)
- Seton Hill University 4 year starter Division 2
- Head Instructor of Watkins Trained Wrestling Camps
- Counselor and Instructor at Rob Wallers All American Wrestling Club, the largest and longest running club in Pennsylvania
- Works With Nuway as an Instructor
- 2016 WPAC Coach Of the Year

Contact Phone 336 831 5823
Email Buck.watkins@stokes.k12.nc.us

Head Coach
Jason Powers 304 677 5289
Email jpmagyver@gmail.com

5 Days Offered.
When: June 14th through the 18th 2016
Cost: 125.00/ extra sibling 100.00. After May 15(postmark) 150.00/125.00
Where: Doddridge County High School 79 Bulldog Drive, West Union, WV 26456
Lunch will be provided. Please list food allergies if your child has any!
Campers receive a free T shirt. Early registration guarantees size..
Make checks payable to DCMS Wrestling and mailed to:
DCMS 65 Doddridge County School Rd., West Union, WV 26456

Sessions: Drop off at 7:30a.m.
8 to 11 Technique and hard drilling
Lunch 11-1   2 hr break
1-4 situational live, live wrestling and conditioning

What To Bring: Shorts, wrestling shoes, head gear, water bottle, and a positive attitude.

Athlete's Name:_____ Date of Birth:_____ Grade:
_____ School: _____ Phone:_____
mom/dad email_____
T shirt size, please circle one: YS YM YL AS AM AL AXL
*Please provide insurance information, provider and policy
#_____
List all allergies:_____

        _____
        _____
        _____
        _____