

Southside Boys and Girls Wrestling Camp

July 29-31, 2024

9:00 am- 12:00 pm

Wachter Middle School Gyms and Wrestling Room

Cost: \$70 before June 15th after \$75

Girls and Boys entering grades 4, 5, 6, 7, 8, 9



Search for **Southside Fitness and Training**

Camp Purpose:

The Southside Wrestling Camp is designed for wrestlers at all experience levels who are looking to gain valuable skills and techniques through both skill instruction and live wrestling. The overall goal of the camp is to improve technical and tactical skills by enhancing base line skills and tactics that are proven to work against the highest levels of competition.

Equipment:

- Wrestling shoes
- Shorts or sweatpants, t-shirt, and/or sweatshirt
- Water Bottle

Must register by June 15th to guarantee a T-shirt

Questions?

Contact Austin Eichmann at 651-829-1518

austin_eichmann@bismarckschools.org or

Dallas Heid 701-220-3121

dallas_heid@bismarckschools.org

Mark Lardy 701-391-8870

mark_lardy@bismarckschools.org

Please send registration and payment to:

Southside Fitness and Training

PO Box 2543

Bismarck, ND 58502

Make checks payable to: **Southside Fitness and Training**

****No refunds after June 25th ****

Registration information:

Participant's Name: _____

Grade (fall of 2024) _____ Shirt Size: _____ Youth/Adult
(Circle one)

Address: _____ Gender M _____ F _____

City/State/Zip: _____

Parent/Guardian: _____

Phone Number: _____

E-mail: _____

(Please print email address legibly)

I CERTIFY that my child/participant is physically able to participate in all wrestling activities. I understand that there are certain risks of injury inherent with wrestling and I am willing to assume these risks on behalf of my child/ward. Bismarck Public Schools and the Southside wrestling instructors assume no responsibility for accidents or illness including contracting or exposure to **Covid**. The Bismarck Public Schools district and Southside coaching staff are not responsible for any medical expense that may incur due to participation. I agree to all of the conditions stated above.

Parent Signature _____