

**MAIL FORM TO:** Jay Doornbos  
129 Hockaday St.  
Council Grove, KS 66846

An athletic trainer or medical professional will be on site at all times. Each wrestler will weigh-in during registration. A standard skin form will be required for any skin problems.

Applicant Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

Middle or High School Team: \_\_\_\_\_

Are you staying as an individual or as a team?

Individual

Team

If you are staying overnight, please list the coach that will be staying with you:

\_\_\_\_\_

I hereby request permission for the above-named camper to participate in the 2020 The Grove Team Wrestling Camp. I represent and warrant to you that the camper physically and mentally able to participate in the Wrestling Camp. I hereby authorize the staff of the camp to act for me according to their best judgement in any emergency requiring medical attention and I hereby waive and release the camp from any and/or all liability for any injuries or illnesses incurred while at camp or in transportation to a medical facility, except for any injury directly resulting from gross negligence or willful misconduct. I have no knowledge of any physical impairment that would be affected by the above-named camper's participation in the camp program, as outlined in the brochure.

The camper is covered by our insurance plan through the following company:

Company Name: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Parent Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

## CAMP STAFF

Camp staff includes the coaching staffs of attending schools and college coaches and wrestlers to be named later.



**Wrestlers have attended The Grove Wrestling Camp in the past from the following Kansas High Schools as well as schools in Missouri and Colorado:**

Basehor-Linwood  
Bishop Carroll High School  
Blue Valley West  
Burlingame High School  
Burlington High School  
Central Heights High School  
Chase County High School  
Circle High School  
Council Grove High School  
Doniphan Trumbull, NE  
Eureka High School  
Erie High School  
Flint Hills High School  
Fredonia High School  
Herington High School  
Hillsboro High School  
Larned High School  
Leon Bluestem  
Lyons High School  
Manhattan High School  
Marion High School  
McPherson High School  
Mulvane High School  
Newton High School  
Oskaloosa High School  
Nickerson High School  
Royal Valley High School  
Sante Fe Trail High School  
Silver Lake High School  
Stafford High School  
Sublette High School  
Wamego High School  
Washburn Rural High School  
Wellsville High School  
Wichita Heights High School  
Wichita North High School  
Wichita South High School  
Wichita Southeast High School

# THE GROVE

## wrestling camp



**June 22 & 23, 2020**

**Council Grove High School**

**Council Grove, KS**

**Students entering 7th-12th Grade**

**Clinicians will include college coaches and wrestlers as well as high school coaches.**

**Camp Director: Jay Doornbos  
(620) 340-2806**

**The 2019 camp was attended by 156 wrestlers, 62 state qualifiers, and 11 state champions from the Kansas High School and Kansas Kids state tournaments.**

Each technique session will include multiple clinicians that will offer a variety of techniques. Campers will be able to choose which technique they want to work on at each session. All sessions are mandatory.

Each camper will attend two sessions of class time. The two classes could include proper weight training technique, wrestling nutrition, information for those wanting to wrestle in college, and the impact of drugs and alcohol on athletes.

The team competition will be run in a dual format. You will not compete on your high school team. We will place wrestlers on teams to insure that each team has as close to equal numbers as possible. A camp coach will coach each team.



## SCHEDULE

### DAY 1

Check In .....	7:45-8:45
Session 1 .....	9:00-10:45
Class Time .....	10:50-11:50
Lunch .....	12:00-12:45
Session 2 .....	1:00-2:45
Conditioning .....	2:45-3:45
Live Wrestling .....	4:00-6:00
	(Duals)
Dinner/Swim .....	6:30-8:30

### DAY 2

Wake Up .....	6:00-7:00
Breakfast .....	7:00-8:00
Class Time .....	8:00-9:30
	(Broken into two separate sessions)
Session 1 .....	9:30-11:30
Lunch .....	11:45-12:45
Competition .....	1:30-5:00
	(Team Competition)
Check Out .....	5:00



## CAMP COST

**\$35 per Individual**

Coaches attend free.

Coaches attending with team will receive a free camp t-shirt.

**Make checks payable to:  
The Grove Wrestling Camp**

**June 22 & 23, 2020**

### Cost Includes:

T-Shirt

All Meals

Team Medals for Top Three Teams

Lodging at Council Grove High School  
(If Needed)

If you want to stay at CGHS you must have a coach staying with campers at all times. You will need to bring sleeping bags, pillows, and shower supplies. You will be staying in our secondary gym.