RIDGEWOOD COMMUNITY SCHOOL PRESENTS

Ridgewood Summer Wrestling Camp 2022

For students entering Grades 3-12

July 5 – July 8
9 am – 12 noon

Run by the RHS Wrestling Staff

THE OBJECTIVE

The camp is designed to provide young wrestlers with a comprehensive review of fundamental wrestling skills. ***ALL BEGINNERS ARE WELCOME!!*** Workouts will consist of technique instruction, skill related drills, competitive games & live wrestling.

THE INSTRUCTIONAL SEQUENCE

The techniques taught during the week will include takedowns and counters from the neutral position, breakdowns, rides and pinning combinations as well as escapes and reversals.

THE STAFF

The camp personnel will consist of the Ridgewood High School Wrestling staff, led by Head Coach Torre Watson, as well as some members of other area high school coaching staffs. All of the coaches have extensive wrestling backgrounds, and numerous years of experience working with elementary and middle school students. The coaches will be assisted by some of the area's best high school wrestlers for the purpose of providing each camper with as much individual instruction as possible. In addition, we plan to have a college coach, and a Division 1 wrestler on hand to do daily clinics during this week.

WHAT TO BRING

Campers should bring shorts, a t-shirt, wrestling shoes, and a water bottle.

TUITION

$200 per camper

LOCATION

RHS – Gym 2

5 EASY WAYS TO REGISTER

1. Mail the form with your payment.
2. Drop at 49 Cottage Place, by appointment.
3. Phone it in. (201) 670-2777, 1-4 pm, Monday through Friday. CHARGE ONLY.
4. Fax it in, 24 hours a day, (201) 251-0438. CHARGE ONLY.
5. Online registration: CHARGE ONLY

We accept Visa and Mastercard.
https://tinyurl.com/y9g5khze

Make check payable to RCS. **Summer 2022**
PLEASE PRINT **Wrestling Camp 2022** **Cash ☐**
RCS, 49 Cottage Place **Check ☐**
Ridgewood, NJ 07450 **Credit Card ☐**

Name _____ **DOB** _____
LAST **FIRST**

Address _____

Town _____ **Zip**_____

School_____ **Phone 1**_____

Phone 2 _____ **Parent Name** _____

COURSE TITLE **WRESTLING CAMP 2022** **COURSE NO.** **989**

Grade entering in Sept 2022 _____ **Weight** _____ **Fee** **$200**

Parent email _____

Credit Card # (VISA or MCARD) _____

CVV _____ **Expiration Date** _____

RCS WITHDRAWAL/COVID POLICY

We accept visa or mastercard. Checks should be made payable to Ridgewood Community School. Tuition includes a non-refundable $25 registration fee. If you need to withdraw your child from the class, you must submit your request in writing by 4 pm on Friday, June 18th. If you do so, the tuition will be returned less the $25 registration fee.

All in-school COVID-19 health and safety protocols for the current school year will continue to be followed during all summer camp sessions, including but not limited to: wearing face masks or coverings; pre-screening for COVID-19 symptoms; maintaining physical distance from others; washing hands frequently; cleaning shared surfaces and equipment regularly; and requiring quarantine for COVID-19 illness, exposure and travel. Your child will be required to quarantine for the relevant time period advised by the CDC and/or New Jersey Department of Health if your child experiences symptoms of, is diagnosed with or tests positive for COVID-19 and if your child is identified as a close contact to someone (e.g., household member) who is diagnosed with or tests positive for COVID-19. Your child may also be required to quarantine pursuant to the New Jersey Travel Advisory if your child returns from travel outside of the immediate region. Refunds will not be provided if your child is required to quarantine during your child's camp session.