

Camp Registration Form:

Name: _____

Address: _____

Phone: _____

Parents/Guardians: _____

Email: _____

Weight: _____

Age: _____

Wrestling Experience
(years): _____

Full Day _____ Half Day _____
(8am-4pm) (8am-11:30am)

Check # _____

T-Shirt Size (Adult or
Kids): _____

Upon receiving your registration,
your parents/guardian will have to
fill out a waver at the beginning of
camp.

Daily Camp Schedule

tentative

7:30-8:30

Check in

8:30-10:30

Technique Session 1

10:30-11:30

Conditioning/Weight Training/Live
Wrestling

11:30-12:30

Lunch (not provided)

12:30-1:30

Activity/Game

1:30-3:00

Technique Session 2

3:00-4:00

Live Wrestling

4:00

Pick up

**Independence High School
1776 Declaration Way
Thompsons Station, TN 37179**

**Questions Please Contact:
Jared Grindstaff
Phone: 615.472.4601 ext 2567
615.708.6999
jaredg@wcs.edu**



**Independence High School reserves the
right to modify this camp by either
changing the times and/or dates. All
registered campers will be notified by
either mail or email.**

Independence High School

**Summer Wrestling Camp
June 15-18
8:00am -4:00pm**



**“The only thing
you deserve is
what you earn”**



IHS Wrestling Camp



Wrestling Camp: June 15-18

Independence is proud to announce our 1st summer wrestling camp ever held at IHS.

Independence High School has catapulted to the top of Tennessee high school wrestling in only two short years since Coach Grindstaff took over the program in 2007.

Independence is known for wrestling across the state of Tennessee and now wants to share with the wrestling community, how Independence trains!

ALL EXPERIENCE LEVELS ARE WELCOME! WHETHER YOU HAVE NEVER WRESTLED OR HAVE BEEN WRESTLING FOR 10 YEARS, THIS CAMP WILL BENEFIT EVERYONE!

Indy Wrestling 2004-2007

- 0 State placer
- 0 Region Titles (Dual or Individual)
- 0 State Duals appearances
- 10 State Qualifiers (all three season combined)
- Best finish at TSSAA Individual Tournament - 21st

Indy Wrestling Since 2007 (2 seasons)

- 11 Tournament Titles
- Region 6 Dual Championships in 2008 and 2009
- Region 6 Individual Tournament Championships 2008 and 2009
- 23 State Qualifiers (11-2008, 12-2009)
- 2x Qualifier for TSSAA State Duals
- 4th @ 2008 State Duals
- Dual Meet Record of 50-9
- TSSAA State Tournament finishes: 2008 - 16th 2009 - 5th
- 6 State Placers
- 2 State Finalists.

Camp Clinicians:

Jared Grindstaff – Head Coach
Independence

Stephen Westbeld – Asst Coach
Independence NAIA All-American

Matt Grindstaff – NAIA All-American

Jesse Medina – 3x Nevada State placer
Indy Varsity Wrestling Team

Who can attend the camp:

Anyone currently going into the 9th grade and below. NO WRESTLING EXPERIENCE IS NEEDED TO ATTEND THE CAMP!!!!

Schedule:

Check in each day will be from 7:30-8:30. Camp will run from 8:00 to 4:00 each day or half day from 8:00-11:30. If you need an earlier drop off or later pick up, that can be arranged. Detailed schedule on the back of brochure ----->

Camp Costs:

\$100(Full Day) or \$50(Half Day). The costs amount to only **\$3 per hour**. Campers will need to bring a lunch each day. *ALL CAMPERS WILL RECEIVE A FREE T-SHIRT*

Limited to the first 30 applicants.

Makes checks payable to **IHS Wrestling**

Send Registration to:

Coach Grindstaff - Wrestling

1776 Declaration Way

Thompsons Station, TN 37179

“Success is a choice.... You make that choice every time you wake up in the morning. What are you going to get out of that day?”