



# Mustang H.S. Wrestling Camp

Incoming Freshman - 12th grade

*"I'm a huge wrestling fan. **Wrestlers** have so many **great qualities** that athletes **need** to have."*

*- Bob Stoops - Oklahoma University Sooners Former Head Football Coach*

## The Benefits

The sport of wrestling teaches athletes how to position their body in a competitive setting and build mentally strong individuals. Wrestling is a great sport for all ages to help grow as an athlete by teaching young individuals how to tactfully beat their opponent and build discipline that will carry over many aspects of their lives. Wrestling also allows individuals of all sizes to compete against others their same size. This camp will teach athletes drills, technique, and games that will prepare them for their upcoming season.

## Details

### Cost:

**\$15 Fee** pre-register by May 21st.

**\$20 Fee** to register at the door on day of Camp.

Camp T-Shirt included for those who pre-register for the camp by May 21st.

This money will also go to the start-up of Blue Valley North's own Kids Wrestling Club for the 2019-2020 season.

Send money and return form to Blue Valley North High School, 12200 Lamar Ave. Overland Park, KS 66209.

*Make checks payable to BVN Wrestling.*

### Where:

Blue Valley School District office gymnasium, 15020 Metcalf Ave, Overland Park, KS 66223. Enter by flag pole side of building.

Who:

- Head BVNHS Coach Kyle Pacheco
  - Coached 20+ State Placers and multiple State Champions from 2012 - Present
  - 2x Kansas State Placer
  - 2011 Kansas State Runner-up
- Assistant H.S. Coach Nick Haugen
  - 2x NAIA All-American (2014 and 2015)
  - 4x Oklahoma State Placer
  - 3x Oklahoma State Champion (2009, 2010, 2011)

When:

July 9th – 11th from 5:00 PM to 7:00 PM

What to wear:

- Athletic Shorts
- T-Shirt (NO CUT-OFFS)
- Wrestling shoes are not required

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My child has permission to participate in the Mustang H.S. Wrestling Camp. I understand that my child will participate in activities that may involve physical contact with the ground and/or other people. I understand that there is no insurance carried for the Mustang H.S. Wrestling Camp and I hereby release the instructors, program and school system from any and all claims and/or financial responsibilities which my child may sustain at or traveling to and/or from the Mustang H.S. Wrestling Camp. In the event of an emergency in which my child requires medical attention, I authorize the staff to act for me to obtain whatever medical treatment the staff deems necessary. I further agree to be responsible for any medical and/or other charges in conjunction with their participation at the Mustang H.S. Wrestling Camp. If your child has any restrictions, physical limitations or impairments of which we need to be advised, please notify Coach Kyle Pacheco – Head Wrestling Coach at [mustangwrestlingbv@gmail.com](mailto:mustangwrestlingbv@gmail.com).

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

Grade: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Phone Number: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Phone Number: \_\_\_\_\_

T-Shirt Size (Please circle one):    S    M    L    XL    2XL