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I hereby consent that the enrolled camper is covered by a health insurance plan. I hereby state that any injuries sustained during the camp shall be covered by said health insurance, and Pius X High School, camp coaches and camp counselors will not be held responsible.

Camp Participant: _____

Address _____

Phone Number: _____

Emergency Contact _____

Emergency Contact Phone (Daytime) _____

Emergency Contact Phone (Evening) _____

Emergency Contact Email: _____

Parent/ Guardian Signature: _____

Camp Participant Signature: _____

T Shirt Size: S M L XL XXL

Previous Year Primary Standing: 7/8 Grade

JV Varsity State Qualifier State Medalist



**Pius X High School
6000 A Street
Lincoln, NE 68510**

**Camp Contact Phone: 402-525-8485
Camp Contact E-mail: jzach4@gmail.com
Camp Social Media Site: facebook.com/Lincoln Pius X Wrestling**



Pius X Wrestling Camps

**Summer Camps make
winter champs**

Pius X Intensive Wrestling Camp

June 2 - 5, 2014
Grades 7 - 12



**Pius X High
School Wrestling**

Camp Objectives

The objective of the Pius X Intensive Wrestling Camp is to teach wrestlers the proper training techniques to raise his level of ability, get the most out of every workout, push through roadblocks both physical and mental, and improve overall mental toughness.

Wrestlers will also be given high quality technique, from highly accomplished clinicians.



Wrestlers will be given the opportunity to practice new techniques in live-wrestling scenarios each night.

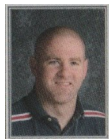


Camp Clinicians



Robert Sanders

2x Utah HS State Champion
2x NCAA Championship Qualifier
(University of Nebraska)
2007 University Freestyle All-American
NWTC Assitant Director
NWTC Head Coach



Patrick Neilly

Head Wrestling Coach
Lincoln Northeast High School



Dave Koenig

Nebraska HS State Medalist
Asst. Wrestling Coach
Lincoln Northeast High School



Jared Nickman

2x Nebraska HS State Medalist
(Lincoln Pius X High School)
Nebraska HS State Champion
Current Wrestler

Minnesota West Community and Technical College



John Zach

Nebraska HS State Medalist
Asst. Wrestling Coach-Pius X High School
Camp Director

Sample Day Schedule

9:00 - 11:00 AM

1-Mile Run on the track, Stretch, Wind Sprints on Football Field, Push-Ups, Sit-Ups, Buddy Carries.

11:00 - 1:00PM

Free time: Shower, eat lunch (lunch **will be** provided each day), relax in school common area, time is free.

1:00 - 3:00 PM

Warm-Up Jog with calisthenics, Cardiovascular Exercises, Weight Training.

3:00 - 5:00 PM

Free Time

5:00 - 7:00 PM

Technique, Hard Wrestling/Drilling

This is just a sample schedule. The activities listed are just examples. First two sessions will vary based on weather and availability. Night session will remain the same.

Daily Requirements

*Shoes for workout, both wrestling and running.

*Fresh clean pair of workout clothes for each session.

*Personal water bottle for drink breaks.

Camp Requirements

*Wrestler must be willing and ready to give proper effort required of an intensive camp.

*Positive attitude towards fellow wrestlers and counselors.

Camp Cost

\$75 (Cash or Checks payable to "John Zach")

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Camp Director: John Zach