

## Coaching Staff

The camp staff will consist of Fauquier High School Wrestling Coaches Doug Fisher, Jim Wells, Steve Friend, and Tyler Atwell. Sessions will also be instructed by Robinson Coach Brian Hazard, 2011 AAA State Champions and UVA All-American Jim Harshaw. We will have current DI college wrestlers and multiple VA high school state champions and placers at each session. Gymnastics will be instructed by Dave Strum.

## About Fauquier Wrestling

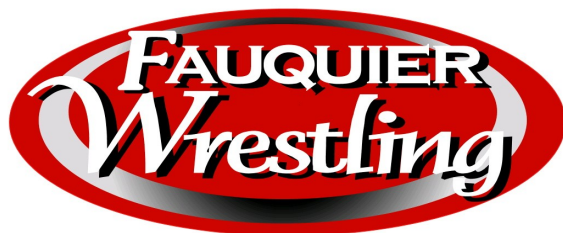
This year Fauquier was once again one of the top teams in the state. The Falcons won the District for the 6th year in a row. Fauquier also repeated as Region II champions. Fauquier had 11 state qualifiers and 7 place winners, finishing as a team in the top 5. Additionally, the Falcons continue to send wrestlers into the collegiate ranks. Three seniors will continue their wrestling careers: Greg Flournoy(GMU), Jake Fahlfeder (Limestone) and Van Grimes(VMI).Camp clinic assistants will also include the Fauquier High School Varsity team. The Fauquier Warhawks the local youth CAWL team has produced multiple Virginia Challenge and VAWA state champions. The tradition of hard work and high intensity training will be a key focus of our "Intense Wrestling Camp" as we prepare campers for the next level.

## Camp Focus

- ◆ Teach and develop fundamental skills
  - ◆ Repetitive Drilling
  - ◆ Live Wrestling
  - ◆ Aerobic Conditioning
  - ◆ Core / Resistance training
  - ◆ Proper Nutrition
  - ◆ Cross training

**This is a fast paced, high intensity training camp.**

**Prior experience is recommended.**



## Intense Wrestling Camp

*July 19– 22 2011*

Rising 2nd through 9th graders

1:00pm to 5:30pm

Fauquier High School  
705 Waterloo Road  
Warrenton, VA 20186

## Information

Dress: Participants must wear appropriate workout attire which should include t-shirt, shorts, wrestling shoes, and running shoes. Head gear is recommended for live wrestling.

Hours: 1:00 to 5:30pm. No camper should be dropped off prior to 12:45pm and all must be picked up no later than 5:45. Campers will not be allowed to leave campus during camp hours.

Break: Campers will be given a break during the camp hours. It is strongly suggested to pack a nutritional snack and drinks. **Vending machines and limited concession will be available during break times.**

Camp gift: All participants will be given a camp gift on the last day.

Miscellaneous: Please leave valuables at home, as we are not responsible for lost or stolen items.



Cost: **The fee for the camp is \$95.00.** A \$50.00 deposit is required with registration and final payment can be made the day of camp. **Registration must be received by July 15th.**

Pre-Season Bash All camp participants will be given a discount Pre-season Bash tournament which will be held on Saturday, July 23, 2011. Discount entry to the tournament will be \$10.00

Mail Application to  
Fauquier Sports Foundation, Inc.  
9134 Green Road  
Warrenton, VA 20187

For Questions or More Information  
Call - 540-341-4622  
Email- jckraines@aol.com

## Application for Enrollment

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_

School \_\_\_\_\_

Entering Grade Next year \_\_\_\_\_

Emergency contact name during camp  
\_\_\_\_\_

Emergency contact phone during camp  
\_\_\_\_\_

I give my child \_\_\_\_\_  
permission to participate in the FSF, Inc. Intense  
Wrestling Camp. I will not hold the camp,  
coaches or the school liable in case of accident  
or injury, and certify that he/she is physically fit  
to participate. My child is also covered by  
medical insurance.

Parent Signature \_\_\_\_\_