

PLEASANT VALLEY **YOUTH WRESTLING CAMP** **PLEASANT VALLEY HIGH SCHOOL**

DATES: June 6th through June 8th

COST: \$50.00

SESSIONS:

-Kindergarten – 2nd Grade: 9:00-10:00 a.m.

-3rd Grade – 8th Grade: 10:00-11:30 a.m.



REGISTER ON-LINE @ <https://pleasval.revtrak.net/tek9.asp?pg=athletics>

Camp Details:

This camp will assist you on your journey to becoming a Pleasant Valley wrestler. This camp will introduce the fundamentals, basics, skills/drills, and technique of the Pleasant Valley wrestling system that is designed specifically for success in wrestling. Learn how to wrestle with in an organized system of wrestling that will give you the skills and knowledge to wrestle in the most common positions in wrestling. Learn how to drill like a champion and learn how to get the most out of practice. Some of the techniques included will be learning how to penetrate to a shot, doubles and singles. Learn the control tie series such as Russian 2-on-1, front head lock, and under hook. Learn how to transfer in and out of your tie ups to attack your opponent and wear them down. Learn how to ride and go for the pin and learn how to escape from your opponent. Not to mention counter offense so you can score off of your opponents attacks. The Spartan system will get you started on your journey to help you become a champion.

Philosophy:

It is my goal to help every wrestler that comes through the Pleasant Valley wrestling program leave with more respect, intensity, intelligence, and dedication. My goal is to develop a successful program focusing on what is best for the team first. I want wrestlers in the program to have an understanding and love for the sport of wrestling and the tools necessary to become a true champion on and off of the mat.

Camp Staff:

Each camp will be directed by Jacob Larsen, head coach of the Pleasant Valley wrestling program. Coach Larsen has been coaching wrestling for 11 years now at the high school level. He coached one year as an assistant coach and six years as a head coach in Wisconsin. Coach Larsen was a two-time state place winner and state finalist in Wisconsin and went on to wrestle in college for UW-La Crosse. While at La Crosse, he was a 2-time WIAC champion, 3-time All-American, academic All-American, and national champion. Coach Larsen was also voted as one of the top-100 athletes of all time between all sports in the 100-year anniversary of the WIAC conference. This will be Coach Larsen's third year as the head coach at Pleasant Valley High School and he is looking forward to the opportunity to work with some great kids! The rest of Coach Larsen's coaching staff will also be in attendance, along with current PVHS wrestlers, to assist with both the K-2 and 3-8 camps.

*All proceeds from these camps go directly to the Pleasant Valley wrestling program.

***RETURN REGISTRATION & PAYMENT BY MAY 31st** to be guaranteed a t-shirt size.

-Online Register closes on June 5th.

-Late/Walk-in applications will be accepted after May 31st, but t-shirt sizes will not be guaranteed.

Make Checks Payable to: PLEASANT VALLEY WRESTLING

For more information and/or return camp registration, contact:

Jacob Larsen, Head Wrestling Coach, PVHS

604 Belmont Road
Bettendorf, IA 52722

Phone: 608-385-8398
Email: larsenjacob@pleasval.k12.ia.us

Pleasant Valley Youth Wrestling Camp

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Time: 9:00-10:00: Kindergarten thru 2nd grade
10:00-11:30: 3rd thru 8th grade
Location: Pleasant Valley High School
Cost: \$50.00

*Please make checks payable to Pleasant Valley High School
-Please include payment with registration. Registration is due
May 31st to guarantee t-shirt sizes.



P.V. YOUTH WRESTLING CAMP REGISTRATION FORM

Athlete Name: _____ Age: _____
School: _____ Grade (Fall, 2018): _____

Home Address: _____
Home Telephone: _____
Email address: _____

Parent/Guardian Name: _____ Work/Cell #: _____
Parent/Guardian Name: _____ Work/Cell #: _____

If unable to reach parent/guardian, in case of an emergency, contact:
Name: _____ Phone: _____

Please circle one t-shirt size for camp t-shirt

Youth: S M L XL Adult: S M L XL XXL

Medical Information/Release:

Does the athlete have any medical conditions we need to be aware of? Yes No

If yes, please explain: _____

I authorize the wrestling coaches at the Pleasant Valley High School Youth Wrestling Camp to act for me according to their best judgment in an emergency requiring medical attention, and I release Pleasant Valley wrestling coaches as well as Pleasant Valley High School from any and all liability for injuries, illnesses, or lost property incurred while the above named athlete is at camp. I have no knowledge of any physical condition that would be affected by the above named athlete's participation in the camp.

Parent/Guardian Signature: _____ Date: _____

Please send your camp registration to:

Jacob Larsen

Pleasant Valley High School Athletic Department
604 Belmont Road, Bettendorf, IA 52722

For additional questions, please call Pleasant Valley High School: 563-332-5151
or email at: larsenjacob@pleasval.k12.ia.us