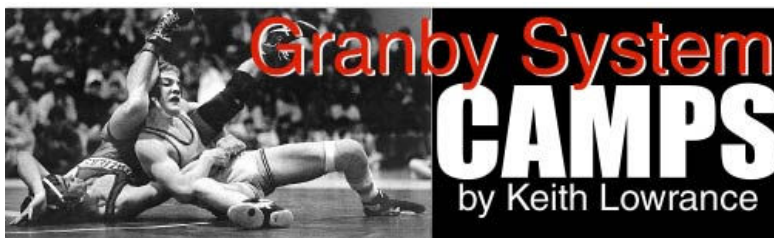


Photocopies Accepted



Checks Payable To Granby System Wrestling

www.granbysystemwrestling.com

Camper Information

Name: School: Address: Coach: City/State/Zip: Grade Experience Years Email: Place in State Tournament Phone ( ) Fax ( ) Age: Weight:

Payment Information

Check Money Order Credit Card (Visa, MasterCard, American Express, Discover) Credit Card # Card Holder Exp. Date Amount \$ Signature Date

TECHNIQUE CAMP - Virginia July 25-29, 2010 Resident Camper \$420 Day Camper \$320 (lunch and dinner) \*\*fees include camp insurance

ENROLLMENT To enroll in the Granby System Wrestling Camp, you may pay in full or send a \$100 non-refundable deposit with your application. All payments by mail must be received 14 days prior to camp, or you can pay by cash or money order at registration. PARENT MUST SIGN APPLICATION

Youth Wrestlers: Wrestlers 10 and under must attend with a coach or parent. One Coach FREE for every 10 wrestlers Coach at 1/2 price with 6-9 wrestlers

MAIL TO: Keith Lowrance 4817 Admiration Drive Virginia Beach, VA 23464 (757) 467-9012 granbysystem1@cox.net

PARENTS: PLEASE READ AND SIGN.

- 1. My son has permission to attend the Granby System Wrestling Camp. 2. I have no knowledge of any physical impairment that would affect or be affected by my son's participation in the Granby System Wrestling Camp. 3. I acknowledge that, at camp, my son will participate in a sport that will involve physical contact of the body with other persons or objects including the mat where he may risk injury. 4. I specifically, fully and forever, waive and release Granby System Wrestling Camp, its owners and staff from liability and claims for damages my son may sustain at camp and in his travel to and from said camp. 5. In the event of an emergency in which my son requires medical care, I authorize the staff of the Granby System Wrestling Camp to obtain, fro him, necessary medical treatment.

Drug Sensitivities Other Allergies Co Policy Number Insurance.

PARENT'S/GUARDIAN'S SIGNATURE EMERGENCY PHONE # (not home)

**Camp Location:** Virginia Wesleyan College  
1584 Wesleyan Drive, Norfolk, VA 23502

**Camp Dates:** Technique Camp – July 25-29, 2010

You will receive a confirmation letter after we receive your application.

You can choose a roommate on the day of camp at registration.

**Presented By National Hall of Fame Coach  
KEITH LOWRANCE**

- Granby State Champion
- Two-time Big Ten Champion
- Two-time NCAA All-American
- Coached State Champion teams at Granby and Kempsville High Schools
- Virginia and National Coach of the Year
- Record 271-33-2
- Coached 35 State Champions, 102 Place-winners
- Several High School and College All-Americans
- Produced the nationally renowned Granby System Videos

Coach Lowrance is well known as one of the outstanding teachers of wrestling in America. Through his camps, clinics and videos he has had a tremendous influence on dozens of NCAA champions, hundreds of state champions and high school champion coaches.

**Clinicians Also Include:**

Outstanding Granby-trained Instructors who have helped run our camp for years.

---

**GRANBY SYSTEM**

- **An approach to takedowns that dominates opponents**
- **Bottomwork that gets you out everytime**
- **How to Ride, Tilt, and Pin your way through the season**
- **The absolute best, most successful techniques in wrestling**
- **Details, Drills, and Strategies to easily master these techniques**
- **A youth training plan that produces immediate and long term impact**
- **Taught by instructors known to be the best in the business**

Learn our  
**TOPWORK  
SERIES**  
and become a  
**PINNING  
SENSATION**

**TOPWORK**

- Cradles
- Turk
- Pressure Rides
- Bar Tilts
- Tight Pins
- And More

We'll show you  
how to  
**TAKEDOWN  
ANYBODY**  
at **ANYTIME**

**TAKEDOWNS**

- Inside Step
- Sweep Single
- High Crotch
- Front Headlock
- Set-ups & Finishes
- And More

Reverse every  
opponent with our  
**UNSTOPPABLE  
BOTTOM  
WORK**

**BOTTOMWORK**

- Granby
- Shrug
- 5-Point Rolls
- Standing Granby
- Granby Motion Series
- And More

**AN UNHEARD OF  
OPPORTUNITY**

If you are a wrestler or coach who wants to **score more takedowns, pin more opponents, upgrade and transform yourself into a top level wrestler or coach, and win more matches**, then this is the camp to come to. We will do all of those things and more. We will present a systematic approach to wrestling that builds champions.