

MAIL/ FAX TO:
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Granby System Wrestling Camp

Monona, IA ♦ July 12-14, 2010

Day Camp for Wrestlers and Coaches

Wrestlers Camp Fee: \$220, Coaches Come Free



Camper Info

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

Payment Info Pay in full (\$220) or make \$100 non-refundable deposit to reserve your spot at camp. Your balance must be received 14 before camp, or you may pay by cash, money order or credit card on the first day of camp.

Check or Money Order enclosed Pay by Visa, MasterCard, Amex or Discover

Credit Card #: _____ Expiration Date: _____ Amount: _____

Credit Card Signature: _____ Date: _____

SCHEDULE:

Monday, July 12

9:00-9:30 Registration
9:30-12:30 Session 1
12:30-1:30 Break (lunch on your own)
1:30-4:30 Session 2

Tuesday, July 13

9:00-12:00 Session 1
12:00-1:00 Lunch (on your own)
1:00-4:00 Session 2

Wednesday, July 14

9:00-12:00 Session 1
12:00-1:00 Lunch (on your own)
1:00-4:00 Session 2

18 HOURS OF WRESTLING!

Camp Location:

MFL MarMac HS
700 S. Page Street
Monona, IA 52159

Local Hosts:

Chet Bachman
(319) 359-7682
Tony Niel
(563) 880-8596

Nearby Hotels:

Frontier Motel
(563) 873-3497

Holiday Shores Motel
(563) 873-3449

PARENTS: PLEASE READ AND SIGN.

1. My child has permission to attend the Granby System Wrestling Camp at MFL MarMac High School.
2. I have no knowledge of any physical impairment that would affect or be affected by my child's participation in the Granby System Wrestling Camp at MFL MarMac High School.
3. I acknowledge that, at camp, my child 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 and MFL MarMac High School, its owners and staff from liability and claims for damages my child may sustain at camp and in travel to and from said camp.
5. In the event of an emergency in which my child requires medical care, I authorize the staff of the Granby System Wrestling Camp to obtain, for him, necessary medical treatment.

PARENT'S/GAURDIAN'S SIGNATURE:

_____ Date _____

Emergency Phone _____ (not home)

Drug Sensitivities _____ Other Allergies _____

Co Policy Number _____

Insurance _____

**Required
Signature**

Open to all ages. Wrestlers age 10 and under must be accompanied by a parent or coach.

**Lift Your Wrestling To
The Next Level**
It's so much easier than you think.

Granby System has the formula that you can implement immediately. When you use it, you will discover how to achieve wrestling success beyond your wildest dreams.

In just the last 5 years, over 30 teams using our formula have won state team titles.

Leave Competitors Scratching Their Heads In Amazement With Holds They've Never Seen Before.

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

- Granby State Champion
 - Two-time Big Ten Champion
 - Two-time All-American
 - Coached State Champion teams at Granby and Kempsville High Schools
 - Virginia and National Coach of the Year
 - Record 272-31-2
 - 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

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

UNPRECEDENTED SUCCESS

at NHSCA HS Nationals Tournament:

20 Granby System Trained Wrestlers

Finish in the Top 4

9 Champions • 5 Second Place

2 Third Place • 4 Forth Place