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# Granby System Wrestling Camp

Stillwater, MN ♦ July 15-17, 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:**

### **Thursday, July 15**

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

### **Friday, July 16**

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

### **Saturday, July 17**

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:**

Stillwater High School  
5701 Stillwater Blvd N  
Stillwater, MN

## **Nearby Hotels:**

**AmericInn**  
(651) 275-0980

## **Local Host:**

Rich Keller,  
(651) 351-6992

## **Holiday Inn**

**Express**  
(651) 275-1401

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

## **PARENTS: PLEASE READ AND SIGN.**

1. My child has permission to attend the Granby System Wrestling Camp at Stillwater 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 Stillwater 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 Stillwater 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**

**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.**

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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.

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**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