

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Cell _____

Home _____ Age _____ Weight _____

Present Grade _____ School _____

USA Wrestling Card#: _____

Those without a Wrestling card fill out the following insurance information:

Insurance Company _____

Policy Holder _____

Number _____

Person to Notify in Emergency

Name _____

Telephone _____

I verify that my son/ daughter is physically able to participate in the Wrestling Techniques Camp. In case of emergency, I release the camp, The Building, City of Underwood, Wrestling Techniques and its coaching staff of all liability resulting from any injury while at camp. I understand that there is no refund if either parent/guardian or camper should cancel application or fail to attend.

Signature _____ Date _____

Photocopied applications are accepted!

COST - \$150.00

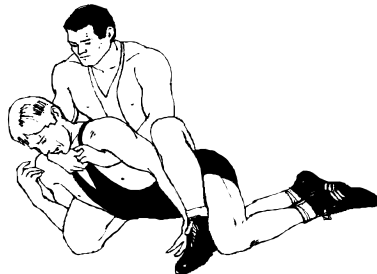
Mail Application and payment to:
Wrestling Techniques by Keith Massey
220 West Ferndale Dr.
Council Bluffs, Iowa 51503
Or call Keith at: (402) 203-1610

WRESTLING TECHNIQUES

By Keith Massey

- * Head Iowa Freestyle Coach
- * Golden Eagles Head Coach
- * Former Record Setting Coach at Lewis Central High School
- * 2X Iowa High School Individual and Dual Team Champion Coach
- * 2000 Iowa Coach of the Year
- * 2005 IWF Coach of the Year
- * National Greco Champion
- * National Freestyle Champion
- * AAU Kids State Champion Coach
- * USA Kids State Champion Coach

ONLY THE FIRST 20 APPLICANTS ACCEPTED



WRESTLING TECHNIQUES BY

KEITH MASSEY PRESENTS:



THE 8TH ANNUAL & THE NATION'S

1ST EVER

PAR TERRE CAMP
April 9-11, 2010
ONLY THE FIRST 20 APPLICANTS ACCEPTED
goldeneagleswrestling.com

About WRESTLING TECHNIQUES:
WRESTLING TECHNIQUES is in it's twelfth year of successful wrestling. **Wrestling Techniques** has produced at least one **All-American** since 1989 and has had at least one **National Champion** for the past 18 years.

WRESTLING TECHNIQUES has been created to offer every wrestler the opportunity to raise their wrestling ability from one level to the next. The **Par Terre Camp** has been specifically formulated for every type of wrestler regardless of their age or level of experience.

The **Par Terre** camp is also great for folkstyle wrestling. So many of the **Par Terre** turns and defenses directly correlate to folkstyle turns and defenses. Learn from the best on how to turn, lift and throw the best while never being turned.

Our Motto:

“Turn Everyone and Never get Turned”

Cost - \$150.00

SEND CAMP APPLICATION and

Check or Money Order to:

**Wrestling Techniques by
Keith Massey
220 West Ferndale
Council Bluffs, IA 51503
for more information call
Cell- (402) 203-1610 also go to:
goldeneagleswrestling.com**

**Keith will be teaching on the
following schedule:**

April 9 – April 11, 2010

CHECK-IN: April 9 5 - 6 pm
Session 1: April 9 6 – 8 pm
Session 2: April 10 10am– 12pm
Session 3: April 10 2 – 4 pm
Session 4: April 10 6 – 8 pm
Session 5: April 11 9 – 10:30am

with check out to follow

Wrestling Techniques by **Keith Massey** is again excited to offer the very **First Par Terre Wrestling Camp** for the eighth year. Keith specifically designed this camp to accelerate the USA wrestling Kids, Cadets, and Juniors to the awards stands at all the Regional & National Tournaments. The training and techniques will cover the basics, as well as highlight many of the “secrets” used in the Freestyle and Greco-Roman styles of wrestling.

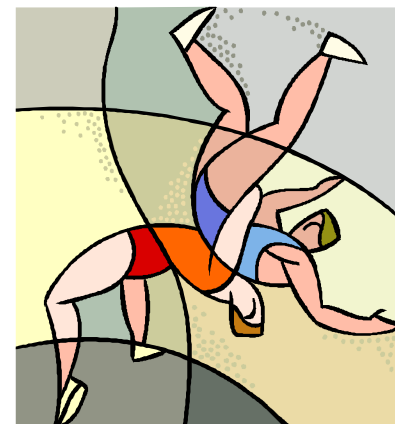
-Meals- We will have meals available for sale. Bring extra money

**Your application will be confirmed by
Keith Massey by phone upon its arrival.**

***** All camps will be held at “The Building” at 111 3rd St. Underwood, IA.**

WRESTLING TECHNIQUES

by Keith Massey



Keith Massey has coached one of the most successful wrestling clubs in the nation, **The Golden Eagles Wrestling Academy.**

**THIS CAMP WILL BE
LIMITED TO THE FIRST
20 APPLICANTS. IT IS
INTENDED FOR THE
BEGINNER OR SERIOUS
FREESTYLE AND GRECO-
ROMAN WRESTLER**

Go to our website for more information at:

goldeneagleswrestling.com

****We will be STAYING THE NIGHT****

*****at “The Building”*****

***What to bring?** 1. Notebook and pen to write new moves in your own words. 2. Plenty of workout clothes. 3. Pillow, sleeping bag, & towels. 4. Extra money for meals and miscellaneous activities