

Name \_\_\_\_\_

Cell \_\_\_\_\_

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

**INTRODUCING:  
WRESTLING TECHNIQUES  
Featured Clinicians:**

**Keith Massey**

- \* Head Iowa Freestyle Coach
- \* Golden Eagles Head Coach
- \* Former Record Setting Coach at Lewis Central High School
- \* National Greco Champion
- \* National Freestyle Champion

**Zach Dominguez**

- \* Head Iowa Greco Coach
- \* 2006 Sr. Level GR All-American
- \* 2005 Sr. Level GR All-American
- \* 2004 3<sup>rd</sup> Alternate on Olympic Team
- \* University Level GR All-American
- \* GR Jr. National Champion
- \* FILA Cadet National Champion
- \* 3X NE State Champion

**ONLY THE FIRST 30  
APPLICANTS  
ACCEPTED!!!**

# Wrestling Techniques

By Keith Massey

visit our website at  
[goldeneagleswrestling.com](http://goldeneagleswrestling.com)



May 21-23, 2010  
Freestyle and  
Greco-Roman Camp  
Schedules

Wrestling Techniques  
For all styles of wrestling  
For all ages

## About WRESTLING TECHNIQUES:

WRESTLING TECHNIQUES is in its 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 **Freestyle and Greco-Roman Camp** has been specifically formulated for every type of wrestler regardless of their age or level of experience.

**Cost - \$150.00**

### SEND CAMP

#### APPLICATION and Check or

#### Money Order to:

**Wrestling Techniques by**

**Keith Massey**

**220 West Ferndale Dr.**

**Council Bluffs, IA 51503**

**for more information call**

**Cell- (402) 203-1610 also go to:**

**goldeneagleswrestling.com**

### **Freestyle / Greco-Roman CAMP SCHEDULE AND TIMES**

**May 21- May 23, 2010**

**CHECK-IN: May 21 5:30 - 6 pm**

**Session 1: May 21 6 - 8 pm**

**Session 2: May 22 10am- 12pm**

**Session 3: May 22 2 - 4 pm**

**Session 4: May 22 6 - 8 pm**

**Session 5: May 23 9 - 10:30am**

**with check out to follow**

The **Freestyle and Greco-Roman** camp is also great for folkstyle wrestling. So many of the **freestyle and Greco-Roman** offenses and defenses directly correlate to folkstyle offenses and defenses. Learn from the best on how to turn, tilt, lift and throw with the best.

**-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 3<sup>rd</sup> St. Underwood, IA.**



\*The **Freestyle and Greco-Roman** camp is in its twentieth year of existence and **Wrestling Techniques** director **Keith Massey** is proud to bring a world class level clinician who is well versed in all styles of wrestling. We are honored with the return of **Zac Dominguez**. **Zac** has been coaching at the University of Nebraska at Omaha where he helped the Mavericks to another National Championship finish. His international know how is second to none.