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*I hereby consent that the enrolled camper is covered by a health insurance plan. I hereby state that any injuries sustained during the camp shall be covered by said health insurance, and Pius X High School, camp coaches and camp counselors will not be held responsible.*

Camp Participant: \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Contact Phone (Daytime) \_\_\_\_\_

Emergency Contact Phone (Evening) \_\_\_\_\_

Emergency Contact Email: \_\_\_\_\_

Parent/ Guardian Signature: \_\_\_\_\_

Camp Participant Signature: \_\_\_\_\_

**T Shirt Size:** S M L XL XXL

**Previous Year Primary Standing:** 7/8 Grade

JV Varsity State Qualifier State Medalist



**Pius X High School**  
6000 A Street  
Lincoln, NE 68510

**Camp Contact Phone: 402-525-8485**  
**Camp Contact E-mail: jzach4@gmail.com**  
**Camp Social Media Site: facebook.com/Lincoln Pius X Wrestling**



# Pius X Wrestling Camps

Summer Camps make  
winter champs

## Pius X Intensive Wrestling Camp

May 29– June 1, 2018  
Grades 7 - 12



Pius X High  
School Wrestling

## Camp Objectives

The objective of the Pius X Intensive Wrestling Camp is to teach wrestlers the proper training techniques to raise his level of ability, get the most out of every workout, push through roadblocks both physical and mental, and improve overall mental toughness.

Wrestlers will also be given high quality technique, from highly accomplished clinicians.



Wrestlers will be given the opportunity to practice new techniques in live-wrestling scenarios each night.



## Camp Clinicians



### Brandon Bradley

Former College Wrestler  
(Univ. of North Carolina at Pembroke)  
Head Wrestling Coach  
(Nebraska Wesleyan University)



### Robert Sanders

2x Utah HS State Champion  
2x NCAA Championship Qualifier  
(University of Nebraska)  
2007 University Freestyle All-American  
NWTC Assistant Director  
Neb. Wesleyan Vol. Asst. Coach



### Jerry Clinch

Head Wrestling Coach  
(Lincoln Pius X High School)  
2x Nebraska HS State Medalist  
Nebraska HS State Runner-Up  
(Lincoln Pius X High School)



### John Zach

Nebraska HS State Medalist  
(Lincoln Pius X High School)  
Wrestling Coach-St. Cecilia High School  
Camp Director



## Pius X Wrestling Camps

## Sample Day Schedule

### 9:00 - 11:00 AM

1-Mile Run on the track, Stretch, Wind Sprints on Football Field, Push-Ups, Sit-Ups, Buddy Carries.

### 11:00 - 1:00PM

Free time: Shower, eat lunch (lunch **will be** provided each day), relax in school common area, time is free.

### 1:00 - 3:00 PM

Warm-Up Jog with calisthenics, Cardiovascular Exercises, Weight Training.

### 3:00 - 5:00 PM

Free Time

### 5:00 - 7:00 PM

Technique, Hard Wrestling/Drilling

\*\*This is just a sample schedule. The activities listed are just examples. First two sessions will vary based on weather and availability. Night session will remain the same.\*\*

## Daily Requirements

\*Shoes for workout, both wrestling and running.

\*Fresh clean pair of workout clothes for each session.

\*Personal water bottle for drink breaks.

## Camp Requirements

\*Wrestler must be willing and ready to give proper effort required of an intensive camp.

\*Positive attitude towards fellow wrestlers and counselors.

## Camp Cost

\$75 (Cash or Checks payable to "John Zach")

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Camp Director: John Zach