

## Insurance Waiver

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

Bring \$80.00 to Thunderbolt Wrestling Club



Pius X High School  
6000 A Street  
Lincoln, NE 68510

**Camp Contact Phone:**  
**Coach Jerry Clinch**  
**402-430-3114 Camp Contact**  
**E-mail: [Jerry.Clinch@PiusX.com](mailto:Jerry.Clinch@PiusX.com)**  
**[Www.Thunderboltwrestling.info](http://Www.Thunderboltwrestling.info)**



## Pius X Wrestling Camps

Summer Camps make  
winter champs!

**2021 Pius X  
Intensive  
Wrestling Camp**

**June 14 – 17, 2021**



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

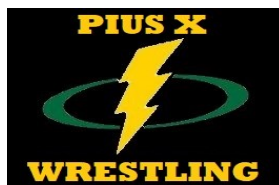


**Brandon Bradley**  
Former College Wrestler  
(Univ. of North Carolina at  
Pembroke)  
Head Wrestling Coach  
(Nebraska Wesleyan Univ.)



**Josh Guerra**  
2yrs Assistant Wrestling  
Coach-Pius X High School  
2X Nebraska HS State  
Medalist (Lincoln Pius X  
HS)

**Other Coaches and clinicians,**  
Jerry Clinch  
Head Coach Pius X  
Jesse Andres  
Head JV Coach Pius X  
Rick Baumgartner  
Assistant Coach Pius X  
Possible surprise Clinicians



## 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.

**2:00 - 4:00 PM**

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

**3:00 - 5:00 PM**

Free Time

**6:00 - 8:00 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

**\$80 (Cash or Checks payable to Thunderbolt Wrestling Club)**