

Lander Valley High School Summer Wrestling Camp

June 30-July 2, 2022

Lander Valley High School Field House

350 Baldwin Creek Rd.



****Please note this is open to athletes ages K thru High School that LIVE in Fremont County, WY****

Stephan Buchanan

**2X Wisconsin State Champ
High School All-American
2022 Big 12 Champion
2X NCAA All-American
University of Wyoming**



Trevor Jeffries

**2X Wyoming State Champ
4X Finalist
2X High School All-American
University of Wyoming**



Job Greenwood

**2X Colorado State Finalist
3X Fargo All-American
University of Wyoming**



Cost:

JH- High School camp \$100

K-5th Grade camp \$50

Tentative Camp Schedule JH/High School ages

Thursday June 30th - Check in 4-5 pm @ LVHS

First session 5pm to 7 pm

Friday July 1st

JH/HS WRESTLERS ONLY:

9 am 11:30am - Morning session

11:30 - 1pm - Lunch on their own

ALL AGES: 1pm - 4 Afternoon session

Saturday July 2nd

ALL AGES: Morning session 9-11:30

ALL AGES: Afternoon session - 1pm-4pm

Saturday Night 8-10pm

Dual Under Stadium Lights

JH/HS ONLY: Dual under stadium lights

(Bring your own singlet)

Tentative Camp Schedule K - 5th Grade

Thursday June 30th - Check in 4-5 pm @ LVHS

First session 5pm to 7 pm

Friday July 1st

Afternoon session 1pm - 4

Saturday July 2nd -

Morning session 9-11:30

Afternoon session - 1pm-4pm

Lander Valley High School Summer Wrestling Camp

June 30-July 2, 2022

350 Baldwin Creek Rd, Lander, WY

Camp Director

Eric Watson: Head Coach for Lander Valley High School, Wyoming Finalist, Wrestled at WWCC, 3X Montana Coach of the Year Finalist

Camp counselors: Lander Valley and Tiger Tough Wrestling Coaching Staff

Accommodations: This camp is only open to Fremont County wrestlers. If you live in Fremont County but are non-commuting there is a handful of hotels in town (Holiday Inn Express, Travelodge, Rodeway Inn).

What to bring: Workout gear, water bottle, wrestling shoes, running shoes, spending money, JH/HS athletes bring a singlet for Saturday night, good attitude, willingness to complete and make yourself better.

Daily Schedule (subject to change)

JH-High School (6th-12th Grade)

Thursday: 5-7

Friday/Saturday

Morning sessions: 9-11:30

Afternoon sessions: 1pm-4pm

Dual Under the Lights: 8-10pm (Saturday only)

K-5th

Thursday: 5-7pm

Friday: Afternoon session –1pm-4pm

Saturday: Morning sessions 9-11:30

Afternoon sessions –1pm-4pm

Check In: is from 4-5 pm on Thursday at Lander Valley High School

Camp Cost: \$100 JH/High School \$50 K-5th

Send Checks and Registration to: Eric Watson

567 Heritage Road

Lander Wyoming 82520

Questions: Eric Watson at 307-331-3394 or email at ewatson@landerschools.org

Medical Insurance: Campers are responsible for their own insurance. No one will be admitted to LVHS Summer Wrestling Camp without a signed emergency release including insurance policy number.

Please detach the portion below and send it in with the **checks made out to LVHS Wrestling.**

Lander Valley High School Summer Wrestling Camp: Registration Form (please send check with registration)

Name: _____ Age: _____

Address: _____ City: _____ State _____ Zip _____

Home phone: (____) _____ Emergency Contact: _____ Emergency phone: (____) _____

Insurance Company: _____ Policy Number: _____

T Shirt size (circle) Youth: S M L Adult: S M L XL XXL

I hereby waive and release LVHS Summer Wrestling Camp and LVHS from any and all liability, injuries or illness incurred while in camp. I authorize the said camp to act for me in any medical emergency, according to their best judgement.

Parent/Guardian Signature _____ Date _____ Email _____