

## DAILY CAMP AGENDA:

- 8:45—8:55 Camp Arrival at DEHS  
8:55—9:00 Attendance  
9:00—9:20 Warm-up and Stretch  
9:20—10:00 Instruction/Technique  
10:00—10:40 Drilling  
10:40—11:30 Live Wrestling  
11:30—12:00 Lunch along with motivational videos  
12:00—1:00 Combative games  
1:00—2:00 Competition/Review



Wrestlers will be grouped by appropriately gauging age, weight, and skill levels!



### THE COACHING STAFF:

Joe Horvath, Darrin Cummings, Billy Heemer, Eddie Draves, and Kyle Chandler

The “Cougar Wrestling Staff “ offers an effective approach to molding young athletes, experienced or not, and developing a desire to continue in sport. The Cougar Academy emphasizes the vital elements of sport: Commitment, Focus, Loyalty, Sacrifice, and Sportsmanship. Our goal is to instill the beginnings of sports passion and prepare young athletes for the rigors of their sporting future as well as their lives beyond athletics. There is no training ground for this preparation more proven than the wrestling mat. Sign on today!

Any Questions? Contact:

Joe Horvath: [jhorvath@dasd.org](mailto:jhorvath@dasd.org)  
Darrin Cummings: [dcummings@dasd.org](mailto:dcummings@dasd.org)  
Billy Heemer: [bheemer@hotmail.com](mailto:bheemer@hotmail.com)  
Eddie Draves: [e.draves130@gmail.com](mailto:e.draves130@gmail.com)

*The Cougar Academy!*



**Downingtown East Wrestling  
&**

**MYRMIDONS  
WRESTLING**

Present the 2018:

**COUGAR  
ACADEMY**

**Wrestling and Combative Games**

for student/athletes K-8

at the Downingtown East Wrestling room!

DATES: June 25th- June 28th

COST: \$190 per participant

SIBLING RATE: \$150 each

WALK-IN RATE: \$200

*Downingtown East High School  
50 Devon Drive  
Exton, PA 19341*

*School Phone: 610-363-6400*

# COUGAR ACADEMY

Please detach and return form!

## Reasons to attend the academy:

- Experienced / Proven Staff
- Current DEHS Team Clinicians
- DEHS Alumni Counselors
- Fun / Competitive Atmosphere
- Skill Level Groups
- FREE Camp Shirt



## Daily, wrestlers should bring...

- A lunch
- Wrestling Shoes
- Headgear (optional)
- Workout gear (clothing)
- Water Bottle
- Towel

## The Wrestler 's Creed

Nothing prepares us for life more than wrestling. It is the oldest sport. It is timeless. Wrestling bonds us in brotherhood, giving us the power to overcome as brothers. Through wrestling, we will meet all of life 's challenges without fear. We will be prepared...

....FOR ANYTHING!



Make checks payable to:

**The Cougar Academy**

Mail checks/registration no later than:

**May 31st, 2018**

Address:

The Cougar Academy

1004 Country Way

Chester Springs, PA 19425

Name \_\_\_\_\_

Grade \_\_\_\_\_ Weight \_\_\_\_\_

School \_\_\_\_\_

Age \_\_\_\_\_ Shirt Size \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

( most info. sent electronically, so please complete )

Amount Paid \$ \_\_\_\_\_ Check # \_\_\_\_\_

Medical Concerns \_\_\_\_\_

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

**Waiver:** I/we hereby give my child permission to participate in the Cougar Academy. I/we certify that he/she is physically fit and capable of participating in strenuous activity. I/we understand that participation carries risk and I/we hereby waive, release, absolve, forever discharge Joe Horvath, the DE wrestling staff, and DASD against any claim as a result of my child 's participation in the academy. I/ we voluntarily and willingly acknowledge, accept, and assume the risks that come with physical activity. I authorize the staff of the Cougar Academy to act for me in any emergency that requires medical attention for my child.

Insurance Company \_\_\_\_\_

Policy # \_\_\_\_\_

Parent Sig. \_\_\_\_\_ Date \_\_\_\_\_