

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
Darrin Cummings: dcummings@dasd.org
Billy Heemer: bheemer@hotmail.com
Eddie Draves: e.draves130@gmail.com

The Cougar Academy!



**Downingtown East Wrestling
&**

**MYRMIDONS
WRESTLING**

Present the 2019:

**COUGAR
ACADEMY**

Wrestling and Combative Games

for student/athletes K-8

at the Downingtown East Wrestling room!

DATES: June 24th- June 27th

COST: \$190 per participant

SIBLING RATE: \$150 each

*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 24th, 2019 NO REFUNDS!

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 _____