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 Intstruction/ 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 Aacdemy!

Downingtown East Wrestling
&
MYRMIDONS WRESTLING

Present the 2020:

COUGAR ACADEMY

Wrestling and Combative Games

for student/athletes K-8

at the Downingtown East Wrestling room!

DATES: June 22nd - June 25th

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

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 29th, 2020 …. NO REFUNDS!**

Address:
The Cougar Academy
1004 Country Way
Chester Springs, PA 19425

Please detach and return form!

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**_____