



2009 WWBC Fall Camp
Featuring Clinician, Chad Lamer
@ Watertown High School
200 9th St NE, Watertown, SD

OCTOBER 24th & 25th

Saturday Schedule:	Sunday Schedule:
9:30-10:30 Check-in 10:30-12:30 1 st Technique/Drill Session 12:30-1:30 LUNCH 1:30-2:00 Season training/nutrition tips 2:00-3:30 2 nd Technique/Drill Session	8:30-9:00 Check-in 9:00-11:30 1 st Technique/Drill Session 11:30-12:30 LUNCH 12:30-2:00 2 nd Technique/ Drill Session

Cost: \$40

One Day Fee: You can attend either day of camp for **\$30** *(younger wrestlers may also choose to just come for the 1st session each day for this price, if the full day is too much to handle.)

Meals: Affordable concessions will be offered for lunch, or wrestlers can bring in their own.

Bring: Workout gear & water bottle

PARENTS/COACHES: You are welcome to video tape, and/or participate at no charge.

Please contact Susie Stroup at: arrowwrestling1@hotmail.com or 605-882-3427 or 605-520-1058 if you have any questions, or visit www.eteamz.com/wwbc.

Registration forms can be found in the HANDOUTS section of our website www.eteamz.com/wwbc

Print, complete and mail to:
Watertown Wrestling Booster Club
PO Box 393
Watertown, SD 57201

Register by Tuesday, October 20th & receive a FREE camp T-shirt!
Walk-ins also accepted.



Dr. Chad Lamer

3x NCAA Div II National Champion
Outstanding Wrestler of '96 NCAA Div II Championships
1996 South Dakota Male College Athlete of the Year
2000 University World Freestyle Champion
2000 3rd in US National Freestyle Championships
2000 4th in US Olympic Trials
Currently lives in Brookings SD with his wife & 5 boys & continues to coach for their youth program & assist with the SDSU team.

For a complete bio on Coach Lamer, visit:

www.eteamz.com/wwbc