



# "Jeff"-Fit and Team Jeff Wrestling



## Elementary Sports Performance and Wrestling Skills Camp

While looking for something to get your elementary athlete ready for their chosen sport, give "JEFF"-Fit a try! Jeff-Fit are CrossFit style workouts geared towards developing agility, balance, flexibility and EXPLOSIVENESS. These workouts are ran by a CrossFit certified trainer as well as our Jeff High Sports Performance staff, and Jeff Wrestling staff.

Wrestling is perhaps the best sport for overall physical development because it involves all muscle groups. It is a total sport because it *improves balance, speed, agility, and intensity* while strengthening virtually all muscle groups. Many **soccer** and **football** coaches are known to recruit **wrestlers** because of their **advanced athletic abilities**. Parents often notice improvements after just one season of wrestling.

**Who: Any K-6th grade boys and girls**

**Dates: November 2,4,5, and 10th**

**"JEFF"-FIT - 6:15-6:45 - Wrestle 6:45-7:30**

Options for more workouts on T/T will be following camp

**WHERE: Jeffersonville High School Wrestling room (next to Pool)**

**Cost: \$30, Includes T-shirt - come to one or both for the same price!!**

## We take ATHLETES and make them CHAMPIONS

**BRING OR MAIL REGISTRATON FORMS AND CHECK TO: (made payable to Team Jeff Wrestling) Danny Struck—Jeffersonville High School— 2315 Allison Lane, Jeffersonville, IN 47130**  
**For more information call- Joe Somerville 502-821-4199**

NAME: \_\_\_\_\_ Grade: \_\_\_\_\_ Weight: \_\_\_\_\_

Phone #: \_\_\_\_\_ Address: \_\_\_\_\_

School: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Their Phone: \_\_\_\_\_

I understand that wrestling is a contact sport. In the case of injury I will not hold Jeffersonville Wrestling, Team Jeff, their Coaches, Jeffersonville High School, or their coaches liable. I enter the clinic on my own will, and understand the risks involved in wrestling.

Signed by parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signed by student athlete; \_\_\_\_\_ Date: \_\_\_\_\_