



# COACH KRAUSE'S **NEXT LVL** WRESTLING ACADEMY

## THE L-L LEAGUE WRESTLING COACHES ASSOCIATION IN CONJUNCTION WITH CONESTOGA VALLEY WRESTLING

**PRESENTS**

### **MIKE KRAUSE**

**“AMERICA’S TOP YOUTH COACH”**

**HIGH ENERGY -- HIGH INTENSITY...COACHING TECHNIQUE & ATTITUDE**

**WHO: Grades 7 and under with at least 1 year of experience**

**WHERE: Conestoga Valley High School - - Allen Uyeda Wrestling Gymnasium**

**WHEN: Friday, April 27<sup>th</sup>**

**TIME: 6:30 pm – 8:30 pm**

We are proud to host Mike Krause of Next Level Wrestling Academy. Mike is a 4X Letter Winner from Michigan State University and considered America's Top Youth Coach. Mike is a regular on Flowrestling and his high energy and enthusiasm keep the kids working hard and intense from the beginning of practice right through the end. Coach Krause prides himself on his ability to not only deliver outstanding technique to his athletes, but instill the mentality of work ethic and teach kids HOW to practice in order to be champions. Mike Krause is one of the most featured clinicians in the United States conducting coaches' clinics and weekend camps all over the country. This is the first time Mike will be in Lancaster County.

Cost: \$20 per wrestler \$30 per family (2 or more siblings)

Check or Money Order Payable to: **CV Wrestling Booster Club**

Questions: CV Head Coach – Trent Turner: (717) 397-5231, x1069 Email: trent\_turner@conestogavalley.org

Registration: Complete the form below and send with payment to Coach Trent Turner

Athlete Name \_\_\_\_\_

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

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Number Parent primary (\_\_\_\_) \_\_\_\_\_

E-Mail Parent primary \_\_\_\_\_

School/Program Affiliation \_\_\_\_\_

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

#### Contract of Camp Application:

I recognize that there are dangers inherent in the sport of wrestling and its training elements, and agree to assume all risks related to my child's participation. I release, waive, discharge and covenant not to sue the LLWCA, the CVWBC, Conestoga Valley School District, its athletic department and staff, from any and all claims, demands, or course of action whatsoever arising out of or related to any loss, damage, or injury, that may be sustained by my child, or to any property belonging to my child, while participating in this clinic, or while in, on or upon the premises where the clinic is being conducted.

\*By signing below I acknowledge that I have read, understand and accept the above contractual agreements.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**Send Form & Payment to:** Trent Turner, Conestoga Valley HS, 2110 Horseshoe Rd., Lancaster, PA 17601