

Ten Keys Points in Winning

1. Do not beat yourself physically or mentally. Be in great shape and know that you have prepared yourself for winning.
2. Prepare for every situation that can occur in a wrestling match and you will always give yourself a chance to win!
3. Do not put yourself in a position where a referee can beat you.
4. Be prepared to attack and counter-attack, do not relax, be intense from start to finish.
5. Statistics show that 80% of the wrestlers that score first win the match. Score first and keep wrestling.
6. Have a plan for each match. Know yourself and know your opponent. Respect him but do not fear him.
7. Control the center of the mat and know where you are at all times.
8. Know the rules and use them to your advantage, e.g. option start, illegal moves and holds.
9. Drill your moves to where they become second nature or that your muscle memory works automatically.
10. To be a "Champion" you have to "Eat", "Sleep", and "Work" like a "Champion". Do the right things all the time.

"We are what we repeatedly do;
therefore excellence is not an act, but a
habit ---Aristotle---

Make a habit of doing the right things
and make a habit of winning.

"Do not anticipate the outcome of the
engagement, whether it will end in
victory or defeat. For that will only
cloud your mind. Stay focused at the
task at hand. Let nature take its course
and only then will your weapons strike at
the right time." ---Bruce Lee---



May our Adversities Make us Strong

May our Victories Make us Wise

May our Actions Make us Proud

Cost – \$ 25

Make checks out to:

Shawnee Mission North Wrestling

Wear – T-shirt and Gym shorts, wrestling
shoes or Tennis shoes (No jeans or baggy
clothes)



Shawnee Mission
North Wrestling
Summer Camp

2019

June 17 - 20

For ages 10 – High School

SMN Indian Wrestling Summer Camp

4-day Camp: June 17 - 20
9 am – 11:00 am

Sign-in 8:30 - 9:00
(Monday Only)

Warm up 9:00 - 9:20

Foot/Motion Drills 9:20 - 9:40

Water break 9:40 – 9:50

Technique 9:50 - 10:10
from Feet

“Live” 10:10 – 10:30
Takedowns

Bottom Moves (mon) 10:30 - 10:45

Top Moves (tue) 10:30 - 10:45

Counter Offense (wed) 10:30 - 10:45

Throws (thur) 10:30 – 10:45

“Live” Wrestling 10:45 - 11:00

The Camp will take place in the small Gym, which is the wrestling room during the high school season.

Pick up campers in front of North West Entrance in front of the Auditorium by 11:15

Clinician: Tom Peterman

Head Coach Shawnee Mission North
2012 - Present

USA Wrestling-Kansas Cadet
Director 2005 – 2010

USA Wrestling-Kansas Fargo Staff
2002 - Present

Been Coaching in Kansas since 1987

USA-Wrestling Veterans 2003
National Finalist

AAU Grand National Champion in:

Greco-Roman, Freestyle, and Sombo
1995 – 2000

Olympic Regional Trials 3rd - 1984

Kansas State Finalist 1979

If you have questions contact:

Tom Peterman
(913) 634-1123

Camp Emphasis:

Drills and Techniques that focus on proper position and body motion while maintaining the basics for a good stance and natural defense.

Name_____

Address:

Parent's
Name_____

Phone #

Email:

As the parent/guardian of the above listed participant, I certify that he/she is physically and mentally able to participate in this activity. If medical attention is required for illness or injury during the camp, I give permission for such care to be rendered. I understand that the Parent or Guardian's personal or injury insurance policy will be utilized as the primary insurance for treatment of injuries/illness incurred during the sports camp.

Parent's Signature: