

Bennington Wrestling

TNT camp



Bennington will be hosting a wrestling camp this June. The focus of the camp is the Turns, specially, Turks and tilts. The Turk is a great turn from the top position. College wrestling has implemented a four point near fall. It is expected that this rule will drop down to high school wrestling in the next few years. These are both moves that can turn wrestlers quickly and score a lot of points from top.

Two college clinicians Brett Velasquez and Josh Velasquez



Four time state champ

Three time All-American
and National champ
Brett Velasquez

Two time state medalist

Wrestling in college for national
champion St. Cloud State
Josh Velasquez



Ages: 2nd grade-12th grade

Date: June 26th-28th (Tuesday-Thursday)

Time: 1:00-5:00 – We will take a small break around 3, younger wrestlers can get picked up at that point if the camp might get a little long for them.



Cost: Bennington wrestling club \$30.00.
All others \$50.00

Make checks payable to Bennington Wrestling Club send to Bennington high school attn. Jeff Fredrickson

Camp shirt only guaranteed if you pay before June 10th.

Contact Info: Jeff Fredrickson

Email: jfredrickson@bennps.org

Phone: 402-612-5863 (feel free to call with any questions)

Name: _____ Grade: _____ Years of Experience: _____

Address: _____

Phone: _____ School/Club: _____

T-Shirt size _____

I certify that the above information is correct, and that the wrestler named above has my permission to participate in the Bennington Wrestling Camp. I hereby release the Bennington Public Schools, Coaches and their agents from any liability for accident or injuries occurring during this camp. Furthermore, I agree to authorize medical treatment by trained personnel in case of injury or accident. I also understand that the Bennington Public Schools, Coaches and their agents are not responsible for the loss or theft of any item left unattended.

Wrestler's Signature: _____ Date _____

Parent/Guardian Signature: _____ Date _____