

# LAWRENCE NORTH WILDCAT WRESTLING CAMP



Lawrence North has a rich tradition of greatness and we are looking for future Wildcats to return to this success. This camp is designed to teach technique to help students succeed on and off the mat. This camp requires no experience and we will start with the basics and fundamentals of wrestling. We will focus on having fun and falling in love with the sport and growing in the sport. This camp will also provide us the opportunity to get to know future wildcat wrestlers and plan future events with the kids. It will be led by Head Coach Jacob Aven who wrestled at Purdue University and graduated from there in 2019. While competing at Purdue, Coach Aven was a place winner at the Big Ten Championships and won two matches at the NCAA tournament. He was an Academic All-American his senior year and knows what it takes to get it done in the classroom and on the mat.

**Here is a [video](#) of me talking about the camp and wrestling as a whole.**

## **WHERE:**

All practices take place in the Lawrence North wrestling room  
7802 Hague Road, Indianapolis, IN 46256

**Enter Door #7**

## **When:**

June 1st, 3rd, 8th, 10th, 15th, 17th, 22nd, and 24th.

**Who: Elementary/Middle School Grades 1-8, Boys and Girls. (The grade that was just completed)**

## **What you need to bring:**

Each participant will need shorts, t-shirt, wrestling shoes, and a water bottle (very important because water fountains are shut down). (If you do not have wrestling shoes, they can be purchased pretty reasonably at Dick's Sporting Goods or Play It Again Sports, or you can wear tennis shoes. You will also need to bring the completed information sheet.

**Cost: \$25, which includes a camp T-shirt. It is important to fill out the t-shirt size so we know what size to order.**

**Make checks payable to Lawrence North Wrestling.**

For more information, contact head coach Jacob Aven 317-989-0306 or email me at [jacobaven@msdl.k12.in.us](mailto:jacobaven@msdl.k12.in.us)

# 2021 Lawrence North Wildcat Wrestling Camp Registration Form



*Home of the 4-time State Champions*

Tuesdays and Thursdays in June  
1st, 3rd, 8th, 10th, 15th, 17th, 22nd, 24th  
6-730 pm

Return form to:  
Wrestling Coach Jacob Aven at [jacobaven@msdl.t.k12.in.us](mailto:jacobaven@msdl.t.k12.in.us)  
or mail/drop off at:

Lawrence North Athletics  
C/O Jacob Aven, Wrestling Coach  
7802 Hague Road  
Indianapolis, IN 46256

Name: \_\_\_\_\_ Grade: \_\_\_\_ School: \_\_\_\_\_

T-shirt Size: \_\_\_\_\_

Parent(s): \_\_\_\_\_ Cell #: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Information:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

**Waiver and Release:**

I do hereby waive, release, and discharge MSDLT, Lawrence North High School, respective staffs and employees from any and all rights and claims for damages resulting from injuries to my person or property which may be sustained or suffered by me in connection with my association with, or participation in, or arising out of my traveling to or from the Lawrence North wrestling camps. We, the parents or guardians, agree to the above waiver and release.

X \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature