



# **JULY 6TH AND 7TH DAN DENNIS WRESTLING CAMP**

## **2 Day Team Camp**

Coach Dennis founded Capstone Wrestling with the mission to develop and support committed wrestlers in continually growing and strengthening their body, mind, and character. His passion is in helping young dedicated wrestlers reach goals and seek higher achievements. In being a part of these wrestler's lives, Coach Dennis places importance on being a positive influence to them on and off the mat. To exemplify and instill values, morality, integrity, discipline, hard work, resilience, and grit. Capstone Wrestling is being built from the ground with these very characteristics, currently hosting camps and training teams, small groups, and individuals.

**2016 Olympian**

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**2X D1 All American**

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**2X National Team  
Member**

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**US Open Champion**

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**Grand Prix Spain  
Champion**

<http://www.danieldennisusa.com/>

## **July 6<sup>th</sup> and 7<sup>th</sup>**

This is the Bronco team camp, free to all Bronco wrestlers going into 7<sup>th</sup> grade through their senior year. The sessions will run from 7:00 to 10:00 in the morning, and 2:00-5:00 in the afternoon. All that is needed is to sign the attached waiver and turn it in to Coach Lacina at the Lisbon Middle School.

\*\*Some individual sessions are available, with priority to be given to varsity Bronco wrestlers, and filter down by age. For information of the private sessions, contact Coach Lacina (701)680-7740

### **Bronco Wrestling Camp Waiver**

To be completed by parents or legal guardians. Please print clearly, and fill in all sections.

\_\_\_\_\_  
Name of wrestler

\_\_\_\_\_  
Grade Entering

The undersigned parent/legal guardian does hereby acknowledge the dangers of wrestling. Understanding these inborn dangers, and possibility of injury, the undersigned parent/legal guardian accepts that Lisbon School, Coach Lacina, and Clinician Dennis are not responsible for any injuries sustained at camp.

By signing this waiver, the parent/legal guardian is releasing Bronco Wrestling Camp from any and all negligence and liability for injuries sustained.

I, the undersigned parent/legal guardian, affirm that I am freely signing this agreement, and that I have read this form fully and understand that by signing this form I am giving up legal rights which may otherwise be available to myself or the minor participant in event of injury.

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Date