

# Seaman Wrestling Camp

Featuring Keith Trammell

Former University of Iowa Wrestler

Member of four Big 10 Championship teams and two NCAA Championship teams

**Who:** Athletes entering grades 1 – 12

**When:** July 8 – 10, 5:30 pm – 7:30 pm each day.  
July 11<sup>th</sup> will be reserved as an optional training day/set-up day for the Sunflower State Games.

**Cost:** Cost is \$35.00

**Where:** Seaman High School Wrestling Room



**What to Bring:** Please wear t-shirt, shorts, and wrestling shoes. It is also recommended that you wear a headgear and mouthpiece (if available).

**Description:** The Seaman Wrestling Camp is designed to introduce new skills and refine skills previously learned. Groups will be divided within the camp to meet age and ability levels. Keith Trammell will serve as a special guest at this year's camp. He was a member of the University of Iowa championship teams under Dan Gable. An additional feature of the camp is that it will serve as a training camp for the Sunflower State Games which will be held at Seaman High School July 12-13 (please see informational flier on the reverse side). This is a great opportunity to put the skills learned to the test and make adjustments and improvements. With travel expenses on the rise, Seaman is fortunate to have the opportunity to host this event again this year.

**Questions:** Direct questions to Patrick Kelly at [pkelly@usd345.com](mailto:pkelly@usd345.com)

Please detach and send entry form below along with the \$35 entry fee to:

**Seaman Wrestling Camp  
c/o Patrick Kelly  
4445 NW 53<sup>rd</sup> Terrace  
Topeka, KS 66618**

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Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Fall 2008 Grade \_\_\_\_\_

Address: \_\_\_\_\_ Years of Wrestling Experience \_\_\_\_\_

T-Shirt Size (Circle one):

Adult    S    M    L    XL    XXL                      Child    S    M    L