

2018 HD Wrestling Clinic

Former HD standouts Miles Kulhanek, Nathan Bazata, and Seth Novak will be headlining the 2018 HD Wrestling Clinic on Thursday, June 14th in the Howells-Dodge Wrestling Room in Howells (gym if necessary). These athletes combined for 9 state medals includes HD's first state champion, 5 runner-up finishes, a 3rd, and two 4th place finishes. Miles was a four time qualifier, two time finalist amassing over 150 wins and over 100 pins. Seth, a three time qualifier, two time medalist and state finalist went on to wrestle at Iowa Western and served as an assistant coach this season. Nathan, a four time medalist, three time finalist and state champion, continued his football career at Iowa University where he was a three year starter on the defensive line for the Hawkeyes.

The morning session from 8-11am will include wrestling fundamentals and base positioning as well live wrestling and fun activities for athletes grades 1-8 with high school athletes there to assist. The afternoon session, from 12-3pm, continues with more advanced techniques and drills. These gentlemen do a fantastic job working with athletes of all ages and abilities. For over 15 years local athletes have given back to our community by bringing home new perspectives to enhance our wrestling techniques and philosophies as well as bringing along with them fellow teammates and coaches.

Athletes will receive a HD wrestling water bottle, refreshments, and are invited to stay for ice cream between sessions. The cost is \$20 per athlete. Clinic forms are available through coach Jones or the Howells-Dodge Consolidated website. You can email coach Jones at bjones@hdcjags.org with any questions or registration forms. A special thanks to these individuals for giving back to our program & community.



2018 HD Wrestling Clinic Registration

Clinic Cost & Schedule

\$20 per athlete

Sessions I Grades 1-8

Check-in 8:00-8:30am

Instruction 8:30-11:00am

Sessions II Grades 9-12

Instruction 12:00-3:00pm



Registration

Name: _____

Address: _____

City: _____ State: _____

E-mail: _____

Grade (Fall 2018): _____

Parent/Guard: _____

Day Phone: _____

Emergency Contact: _____

Contact #: _____

Mail, Email, or Drop Entries to:

bjones@hdcjags.org
HD Wrestling Clinic
Brian Jones
218 N. 5th St.
Howells, NE 68641

Walk-ins Welcome

Checks made to HD Wrestling Clinic



Release & Medical Authorization

I hereby assume all risk of clinic activity (including property loss or damage, personal injury and death) that may result from any clinic activity from and against liability, including claims and suits at law or in equity, for injury or fatal or otherwise, and property loss or damage which may result from any negligence and/or the student taking part in clinic activities. In the event of injury or illness, I give my consent for medical treatment, and permission to camp personnel to supervise or perform on-site first aid for minor injuries and to a licensed physician to hospitalize and secure proper treatment. I authorize the disclosure of medical information to my insurance company for the purpose of any claim. I understand that I am responsible for any medical or other charges related to the athlete's attendance at the Howells Wrestling Clinic.

If Necessary, please list any serious medical conditions (i.e. Diabetes, Asthma, Epilepsy, Allergies, etc.)

Parent/Guard. Signature: _____