

# Southside Boys and Girls Wrestling Camp

July 29-31, 2026

9:00 am - 12:00 pm

Wachter Middle School

Cost: \$75 before June 15 after \$80

Girls and Boys entering grades 4, 5, 6, 7, 8, 9



Search for **Southside Fitness and Training**

## Camp Purpose:

The Southside Wrestling Camp is designed for wrestlers at all experience levels who are looking to gain valuable skills and techniques through both skill instruction and live wrestling. The overall goal of the camp is to improve technical and tactical skills by enhancing base line skills and tactics that are proven to work against the highest levels of competition.

## Equipment:

- Wrestling shoes
- Shorts or sweatpants, t-shirt, and/or sweatshirt
- Water Bottle

\*Must register by June 15 to guarantee a t-shirt\*

## Questions?

Contact Austin Eichmann at 651-829-1518  
[austin\\_eichmann@bismarckschools.org](mailto:austin_eichmann@bismarckschools.org) or  
Dallas Heid 701-220-3121  
[dallas\\_heid@bismarckschools.org](mailto:dallas_heid@bismarckschools.org)  
Mark Lardy 701-391-8870  
[mark\\_lardy@bismarckschools.org](mailto:mark_lardy@bismarckschools.org)

## Please send registration and payment to:

Southside Fitness and Training

PO Box 2543

Bismarck, ND 58502

Make checks payable to: Southside Fitness and Training

**\*\*No refunds after June 25 \*\***

## Registration information:

Participant's Name: \_\_\_\_\_

Grade (fall of 2026) \_\_\_\_\_ Shirt Size: \_\_\_\_\_ Youth/Adult  
(Circle one)

Address: \_\_\_\_\_ Gender M \_\_\_\_\_ F \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

(Please print email address legibly)

I CERTIFY that my child/participant is physically able to participate in all wrestling activities. I understand that there are certain risks of injury inherent with wrestling and I am willing to assume these risks on behalf of my child/ward. Bismarck Public Schools and the Southside wrestling instructors assume no responsibility for accidents or illnesses including contracting or exposure to Covid. The Bismarck Public Schools district and Southside coaching staff are not responsible for any medical expenses that may occur due to participation. No refunds after June 25. I agree with all the conditions stated above.

Parent Signature \_\_\_\_\_