

WRESTLING TECHNIQUE // TRAINING CAMP

Wolverine Wrestling Camps are committed to 5 key areas of development:
Technique, Positioning, Hand Fighting, Mental & Physical Toughness,
complemented with competitive strategy and Physical conditioning.

@ Lincoln High School - Ypsilanti, Mich.
(7425 Willis Rd, Ypsilanti, MI 48197)

Camp Dates: Wednesday, August 20 through Friday, August 22, 2008

Session I: Technical Instruction – 9:00-11:00 a.m.

Session II: Review, Technique & Live Wrestling & Conditioning - 12:00-2:00 p.m.

FEATURING:

Joe McFarland - Head Coach U of M, 4x NCAA All-American (Michigan), 2x Ohio State Champion, World Freestyle Silver Medalist

Jim Mason - Director W.W.C., NCAA All-American (Michigan State), Ohio State Champion, Career Fall records, MSU & St Edward

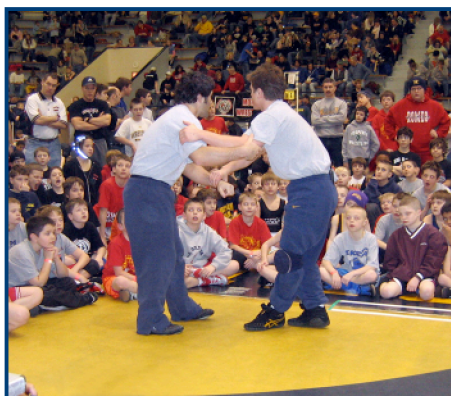
Mike Kulczycki - Asst. Coach U of M, NCAA All-American (Michigan) Team Captain, 2x Ohio State Champion (St. Edward)

Andy Hrovat - US Olympic Team Member, 3x NCAA All-American (Michigan), Team Captain, 2x Ohio State Champion (St. Edward)


CAMP COUNSELORS

Steve Luke (Michigan) NCAA All American, 3x Ohio State Champion, Perry HS * **Tyrel Todd** (Michigan) NCAA All American,
3x Montana State Champion, Bozeman HS * **Josh Churella** (Michigan) 2x NCAA All American.

3x Michigan State Champion, Novi HS * **Anthony Biondo** (Michigan) 3x Michigan State Champion, Chippewa Valley HS



Wolverine Wrestling Camps



**There are no guarantees in life ...
Hard work and commitment do not guarantee results.
They provide us the opportunity to perform at optimal levels.
I guarantee you will not succeed without them.**

There will be a one hour lunch break from 11:00-12:00 noon (please bring your own lunch)

Technique will be covered in all areas of wrestling.

Cost of Camp is only \$150. A \$100.00 deposit is required with the application form.

Cost for all walk-in registrations is \$175.

Camp is open to all wrestlers in Grades 2-12.

Note: All campers will receive a free University of Michigan Wrestling Shirt.

e-mail questions to: jmason@cac.net * www.wolverinewrestlingclub.com

CAMP APPLICATION

Mail Camp Application to: Wolverine Wrestling Camps, PO Box 7896 Ann Arbor, MI 48107
Make Checks Payable to: Wolverine Wrestling Camps Cost: \$150 (\$100 Deposit w/ application form)

NAME: _____ **HOME ADDRESS:** _____

CITY: _____ **STATE:** _____ **ZIP:** _____ **AGE:** _____

HOME PHONE: _____ **PARENT WORK PHONE:** _____

EMAIL: _____

My child has had a recent physical examination and is physically able to participate in all camp activities and is free from infectious diseases. I relieve the directors of this camp of any responsibilities should an accident occur in conjunction with this camp.

SIGNATURE OF PARENT OR GUARDIAN: _____