

ADIRONDACK YOUTH WRESTLING CAMP

Camp Philosophy: Develop the technique of youth wrestlers and prepare them for their future on the mats.

July 17th through July 21st

9:00am to 3:00pm

**Camp Fee: \$125.00 includes camp t-shirt
Discounts for multiple family members**

Location: Hudson Falls High School

For any wrestler entering 3rd—9th grade.

Daily Activities:

- **Morning and Afternoon Technique Sessions**
- **Coaches' Keys to Success**
- **Team Competitions**
- **Swimming**
- **Lunch**
- **Friday Afternoon Dual Meet**
- **Outside Activities**

**The camp will be limited to the first
60 wrestlers that register.**

COACHES

Mike Prendergast

Hudson Falls

Matt Miller

Glens Falls

Dick Whitaker

Corinth

Mark Trapasso

Warrensburg

Jim Hubert

Warrensburg

Mike Varmette

Lake George

Bob Winchip

Queensbury

Steve Jones

Burnt Hills

Rob Weeks

Shenendehowa

Camp Directors: Matt Miller and Mike Prendergast
For further information on registration or questions regarding the camp:
Matt Miller: 256-9004 or Mike Prendergast: 487-9318