

ADIRONDACK YOUTH WRESTLING CAMP

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

July 7th through July 11th

9:00am to 2:30pm

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

Location: Glens Falls High School

For any wrestler entering 3rd—9th grade.

Daily Activities:

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

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

COACHES

Jack LaBombard—Member of the National Wrestling Hall Fame, Hadley Luzerne/Lake George Varsity Wrestling Coach

Rob Weeks—Shenendehowa Varsity Wrestling Coach, 2013 Section II Division I Team Champs

Mike Prendergast—Hudson Falls Varsity Wrestling Coach, 2014 Section II Division II Team Champs

Dick Whitaker—Corinth Varsity Wrestling Coach, 2013-Three Individual Section II Champions.

Mark Trapasso—Warrensburg Varsity Wrestling Coach, Multiple Sectional Champs and State Place Finishers

Jim Hubert - Queensbury Modified Wrestling Coach, Section II Champ, NYS Place Finisher, Division I Wrestler George Mason University

Steve Jones—Burnt Hills Varsity Wrestling Coach, 2014 Section II Division I Team Champs

Bob Winchip—Queensbury Varsity Wrestling Coach, 2nd Place 2014 Division I Class 2

Camp Directors: Matt Miller and Frank Miller

For further information on registration or questions regarding the camp:

Matt Miller: 518-256-9004 or Frank Miller: 518-791-4443

Email: adirondackyouthwrestlingcamp@gmail.com