

**TRAIN**  
**GROUNDNDED**  
**WRESTLING**

**TEAM NEW YORK**  
**FREESTYLE**  
**TRAINING CAMP**

**Location:**

**ALL IN SPORTS, 485 Cayuga Rd, Buffalo NY**

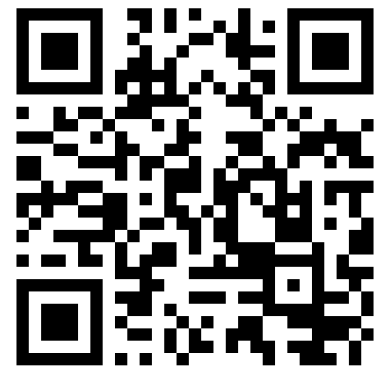
**June 25th-28th**



**USA**  
**WRESTLING**

**IMPORTANT!**  
**USA WRESTLING**  
**CARD REQUIRED**

**Age Groups:**  
**Junior, 16U, 14U, 12U**  
Open to any and all entrants



**SIGN UP HERE**  
Register today  
Pay April 1st  
**\$150**

**QUESTIONS**  
Contact  
Tom Shifflet  
(716)293-1868

**shiffletfit@gmail.com**



# Featured Clinicians

# Schedule

## Wednesday 25th

Check-In - 12:00 - 1:30 PM

Session I - 2:00 - 3:00 PM

Session II - 5:00 - 7:00 PM

## Thursday 26th

Conditioning - 6:00 - 7:00 AM

Session I - 9:30 - 11:00 AM

Session II - 1:30 - 3:00 PM

Session III - 5:30 - 7:00 PM

## Friday 27th

Conditioning - 6:00 - 7:00 AM

Session I - 9:30 - 11:00 AM

Session II - 1:30 - 3:00 PM

Session III - 5:30 - 7:00 PM

## Saturday 28th

Final Session - 8:00 AM - 10:00 AM

**TEAM NEW YORK vs CANADA  
JUNIOR DUAL MEET - 1:00 PM**



**Lou Rosselli**

USA Olympian & College Coach



**Tonya Verbeek**

Assistant Coach Iowa  
Hawkeyes, 3x Olympian



**Vladislav "Izzy" Izboinikov**

Personal coach for Team USA  
wrestlers & former USA Wrestling  
development coach

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