

Adirondack Youth Wrestling Camp

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

July 8th through July 12th

9:30am to 2:30pm

Camp Fee: \$110.00 includes camp t-shirt

Location: Queensbury Elementary School

For any wrestler entering 1st—9th grade.

Daily Activities:

- Morning and Afternoon Technique Sessions**
- Coaches' Keys to Success**
- Team Competitions**
- Swimming**
- Lunch**
- Round Robin Tournament**
- Friday Afternoon**

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

Rory Johnson—Queensbury Varsity Wrestling Coach. 2013 Section II Class B Team Champions

Mike Prendergast—Hudson Falls Varsity Wrestling Coach, 2013 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

Jared Myhrburg—2x Division III All-American at Cortland State, NYS Place Finisher

Camp Directors: Frank Miller and Matt Miller

For further information on registration or questions regarding the camp:

Frank Miller: 518-791-4443

Matt Miller: 518-256-9004

Email: adirondackyouthwrestlingcamp@gmail.com

Send Applications to Matt Miller Address: 25 Kiley Lane Queensbury, NY 12804