

# 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](mailto:adirondackyouthwrestlingcamp@gmail.com)

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