

Camp Goals: To provide a format in which local wrestlers of all ages and skill levels can be exposed to some of the top wrestling clinicians in the area. Sessions will be broken up in the three groups according to age and skill level.

Elite – Ages 12-18. Intense drilling and training methods to help wrestlers compete at the top of state level competition.

Intermediate – Ages 8-13 Geared towards 1st and 2nd year wrestlers to refine their basic skills and training methods

Mighty Mites – Ages 6-8 Geared towards younger wrestlers introducing basic wrestling foundations w/ an emphasis on having fun.

Featuring Camp Clinicians:

Ryan Davis -Former Wrestler for national Championship team at Oklahoma State. 3X National Prep champion for Blair Academy.

Ryan Herwig-National Qualifier, Delaware Valley, Cadet National Freestyle Champion, Mt. St. Joe HS, MD State Champion

Justin Bowser-NAA National Finalist for UMBC, 2X MD State Champion, holds record for most wins in AACO history

Jim Rubush – Head Coach Arundel Sr. High School

Mark Jarosz-National champion for Salisbury State University

Joe Jarosz- National Champion for Salisbury State

Camp Schedule

Day 1:

8:30- 9:00 Drop off & Registration
9:00- 9:30 Warm Up Run & Drills
9:30-11:30 Technique session
11:30-12:30 Lunch & Break
12:30- 2:00 Outdoor strength & conditioning
2:15- 4:00 Technique & live wrestling

Day 2:

9:00- 9:30 Warm Up Drills
9:30-12:00 Technique
12:00-1:00 Lunch & Break
1:30-3:00 Technique
3:00-4:00 Live wrestling & Overview

**Wrestlers will be grouped by size and experience. Other coaches will assist to keep instruction groups smaller.

Cost of 2 Day camp

\$100 Pre registered prior to June 1st

\$125 On site registration

\$75 Day Option

USA Wrestling Card Required

<http://www.themat.com/membership.php>

**** Show card at registration**

Registration

Wrestlers Name: _____

Parents Names: _____

Address: _____

City: _____ State: __ Zip: _____

Tel: _____ Cell# _____

Email: _____

Emergency contact information:

1 _____

2 _____

Wrestlers Information:

Age on June 13, 2009 _____

Weight _____

Years of Experience _____

Requested Level, Circle One: _____

Elite Intermediate Mighty Mites

Comments: _____

Medical Insurance Provider and Policy#
(required to participate in camp with USA card):

Sign Back, Cut & mail registration & \$50
deposit to:

Wildcat Wrestling Club

c/o Jim Rubush

1721 Reynolds Street

Crofton, MD 21114

Or email Jrubush@fencedeckconnect.com

Camp Fee \$ _____

Deposit Ck# _____ \$ _____

Due on or before registration \$ _____

I, _____,
give permission for the coaches and
counselors to seek medical assistance
and treatment for my child,

_____,
during the Arundel wrestling camp
should any injury or accident occur,
which are not limited to but may
include fractures, dislocations,
concussions, skin diseases, or
possibly death. I accept full
responsibility for the payment of such
assistance and do not hold the club,
counselors, or coaches responsible for
said injuries or accidents. My child
has medical insurance as provided on
reverse side which will be utilized in
event of injury.

All children requiring special medical
assistance such as inhalers, epi-pens,
etc. should be supervised at all times
by a parent or guardian familiar with
the child's condition.

By signing you are stating that you
have read the above and that your
child is in good health without
existing injury or condition
prohibiting him/her from participating
in vigorous activity. :

Parent or Guardian

Date

Needed for Camp:

Wrestling shoes
Head gear
Mouth piece for braces
Labeled water jug
Dry towel
Change of shirt
Bagged lunch
Snacks or Gatorade

Directions:

Arundel High School
1001 Annapolis Rd,
Gambrills, MD 21054

From South: Rt 3 North
Left on 175 Annapolis Rd.
School is on left approx. 2 miles
Make left into 1st parking lot & enter
in main gymnasium entrance

From North: Rt. 97 South
Take Rt. 3 South split towards
Bowie/Crofton. Rt. On 175 Annapolis
Rd. School is on left approx. 2 miles
Make left into 1st parking lot & enter
in main gymnasium entrance

Wildcat Wrestling Club



Weekend of Champions

Summer Camp 2009
Sponsored by
Wildcat Wrestling Club
And the
Arundel High Wrestlers

Saturday June 13th
& Sunday June 14th
at



Arundel High School

Home of the Wildcats!

