

ADIRONDACK YOUTH WRESTLING CAMP

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

June 27th through July 1st

9:00am to 2:30pm

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

Location: Hudson Falls Middle 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

Rob Weeks—Shenendehowa Varsity
Wrestling Coach

Mike Prendergast—Hudson Falls
Varsity Wrestling Coach

Dick Whitaker—Corinth Varsity
Wrestling Coach

Mark Trapasso—Warrensburg
Varsity Wrestling Coach

Jim Hubert - Queensbury Modified
Wrestling Coach,

Steve Jones—Burnt Hills Varsity
Wrestling Coach

Bob Winchip—Queensbury Varsity
Wrestling Coach

Matt Miller—Glens Falls Modified
Wrestling Coach

Camp Directors: Matt Miller and Mike Prendergast
For further information on registration or questions regarding the camp:
Matt Miller: 256-9004 or Mike Prendergast: 487-9318
Email: adirondackyouthwrestlingcamp@gmail.com