

2ND Annual Ravena Fury Wrestling Camp

Featuring the wrestling coaching staff of the
State University of Buffalo

Date: MAY 6TH-7TH, 2016

Location: Ravena Coeymans Selkirk HS Wrestling Room

Pre-registration: \$40

Registration after April 29th - \$50

Accepted Payment: Cash or Check

Checks made out to RCS Sports Association

2025 U.S. Rt. 9W Ravena, NY 12143

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2016 Fury Wrestling Camp

General Information

Tentative Schedule:

Friday, May 6th

4:00pm – 5:00pm Registration

5:30pm – 7:00pm Warm-up then Technique/Drills

WATER BREAK

7:00pm – 8:00pm live matches

8:00pm – 8:30pm Seminar/motivational talks

9:00pm Coaches Social

Saturday, May 7th

10:00am – 11:00am Warm-up techniques

11:00am – 12:00am Technique/Drills

WATER BREAK

12:00pm – 2:30pm live matches

2:30pm – 3:00pm Seminar/motivational talks

Tentative Seminar Topics

- Speed, Strength & Conditioning Training for Wrestling
- Pivotal Point in Wrestling
- Freestyle & Greco Program Development
- Foundation – Youth development
- NCAA Eligibility

Presenters & Technicians

- John Stutzman – Head Wrestling Coach
- Bryce Hasseman – Head Assistant Wrestling Coach
- Josh Roosa – Assistant Wrestling Coach
- Justin Grant – Assistant Wrestling Coach

Hotel Recommendations

Days Inn & Suites Glenmont/Albany 15 Frontage Rd Glenmont, NY 12077 (518) 449-5181

Comfort Inn 37 Rte. 9W Glenmont, NY 12077 (518) 465-8811

Holiday Inn Express & Suites West Coxsackie 12740 Route 9W West Coxsackie, NY 12192 (518) 719-1999

Name: _____

Age: _____ Grade: _____

School: _____ Coach: _____

Address: name _____

street _____

City _____ state _____ zip code _____

I HEREBY RELEASE RAVENA-COEYMANS-SELKIRK CENTRAL SCHOOL DISTRICT, THE RCS SPORTS ASSOCIATION, UNIVERSITY OF BUFFALO PERSONNEL AND OTHER COACHES OF ANY AND ALL CLAIMS REGARDING AN INJURY OR ILLNESS THAT MAY BE CAUSED IN CONJUNCTION WITH THE UNIVERSITY OF BUFFALO WRESTLING CLINIC.

YOU ASSUME ALL RISKS!!!

WRESTLERS SIGNATURE

PRINT NAME

DATE

PARENT OR GUARDIAN SIGNATURE

PRINT NAME

DATE

LOCKERS: Locker space will be provided for all teams. Please have your wrestlers bring their own locks with them. RCS will **NOT** be responsible for lost items.

GOOD LUCK