



CANISIUS HIGH SCHOOL

# CRUSADER ELITE WRESTLING CAMP

July 11 - 13, 2018 | Canisius High School

FOR ALL  
ATHLETES  
ENTERING  
GRADES 7-12



## NOVICE GROUP

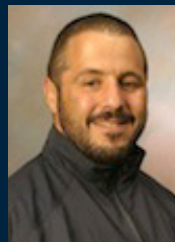
For new wrestlers and those interested in building a strong foundation.

**This elite wrestling camp takes a unique approach to athlete development. No prior wrestling experience necessary - just the desire push higher and improve!**

We'll cover a variety of topics including wrestling fundamentals, chain wrestling, strength, conditioning, leadership, discipline, nutrition, hydration and striking the right balance for student athletes.

## ADVANCED GROUP

For experienced wrestlers looking for advanced techniques, training methods and to bring their performance to the next level.



LEAD INSTRUCTOR

### Andy Seras

USA Olympic team coach, USA World Team coach, World Greco Roman champion, 5-time US Champion and US Olympic team member

**Camp Fee \$100**

Includes 3-day camp, one-on-one instruction and long-sleeve performance t-shirt. Limited to 50 athletes.

**What to bring**

Gym/workout clothes, headgear, mouthguard (braces), wrestling shoes, water bottle and a desire to improve as a student athlete. If you do not have wrestling gear or wrestling shoes, Canisius can provide these.

**For more information or questions, contact John Baldwin: (716) 400-7222**

**Register Today! [www.canisiushigh.org/camps](http://www.canisiushigh.org/camps)**