

Registration

Camp Dates: June 14-17, 2010

Name: _____

Address: _____

Phone: _____

Email: _____

DOB: _____ Grade: _____

Years of Experience: _____

Present Weight: _____

Emergency Contact Information:

Name: _____

Phone: _____

Insurance: _____

Policy #: _____

Plan #: _____

I hereby authorize Archbishop Spalding High School Camp staff to provide and if necessary seek emergency medical attention for my child/ward in the event of a medical problem while attending this camp. By signing below, I also waive and hold harmless, Archbishop Spalding High School, Camp staff, and its signatories from any liability in the event my child/ward were to become injured while attending this camp.

Signed: _____

Printed: _____

Date: _____

Make checks payable to ASHS.

Return registration and full \$150 payment to:

Archbishop Spalding High School

C/O Mike Laidley

8080 New Cut Road

Severn, MD 21144

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8080 New Cut Road
Severn, MD 21144



Wrestling Summer Camp



Archbishop Spalding High School

About the Camp

The Wrestling Camp is open to wrestlers from 7–16 years of age and all levels of experience. The goal of the camp is to improve the overall skill level of each wrestler, focusing on folk style, as well as free style techniques.

Wrestlers with little experience will be instructed using sound basic fundamentals. The focus will be on proper stance, defending shoots, body positioning and counter attacks. More experienced wrestlers will be trained in proper leg riding techniques, defending legs, throws and front head lock series. We will be instructing on weight management, as well as strength training for the older campers. There will be live wrestling and competitions throughout the week.

By the end of the week, campers will have a better understanding of what it takes to be a successful wrestler.

Camp Supervision

Wrestlers will be paired in groups of 8 – 10 with a counselor assigned to each group. This will help ensure that each camper receives individual attention, making sure they understand proper technique.

Camp Supplies

Wrestlers should bring wrestling shoes, tennis shoes, gym shorts, t-shirts and head gear.

Information & Itinerary

Camp Dates

June 14-17, 2010

6:00pm – 8:30pm

Camp Fee's

The total cost of the camp is \$150.00.

Checks should be made payable to Archbishop Spalding High School.

Contact Information

If you have any questions or need further information on the wrestling camp, please contact Coach Mike Laidley at 410-852-3874 or e-mail mcdonoghfarms@aol.com.

Sample Schedule

6:00 – 6:15pm	Stretching and drills
6:15 – 6:45pm	Technique and review
6:45 – 7:00pm	Live application
7:00 – 7:30pm	Technique and review
7:30 – 7:45pm	Live application
7:45 – 8:20pm	Live wrestling matches
8:20 – 8:30pm	Cool down and stretch

Camp Staff

The staff will consist of the Cavalier's coaching staff, including Assistant Coach Adam DeCosmo. Adam was a 3-time State finalist and a 2-time State champion as a wrestler at Old Mill High School. Adam wrestled for four years at the Division 1 level and for two years at the University of Maryland.

Marty Fowler will also be on staff. His coaching experience includes Junior League, three years at Archbishop Spalding and six years at head coach at Douglas High School in Upper Marlboro. Marty also was a 3-time State finalist and a 2-time State champion.

Guest technicians will include former and current NCAA Wrestlers and Todd Beckerman who is the Assistant Coach for the University of Maryland.

