

ROB WALLER'S ALL-AMERICAN WRESTLING CAMP

ACCEPTING ALL AGES @ BATTLE CREEK, MICHIGAN

Lakeview High School – 15060 Helmer Rd South Battle Creek, Michigan 49015

TECHNIQUE – INTENSE DRILLING – LIVE WRESTLING



ALL AGES & SKILL LEVEL WELCOME

Lakeview High School – Battle Creek, Michigan

Pennsylvania – Michigan – Ohio - West Virginia - Indiana – California – Illinois

Border Wars “MAT MADNESS” Individual Tournament Saturday 7/9.

All-American Camp July 10th to July 14th 2016

Head Coach of the Pennsylvania All-American WC, Rob Waller will bring his Staff of Clinicians to Battle Creek, Michigan. The main emphasis of this Camp will be teaching proper technique for Championship style wrestling. Instruction on multiple setups for double and single leg takedowns Bottom work to include, stand-ups, reversals, escape from leg rides. Top work to include, tilts, turns, & legs, excellent cradle series and fundamental breakdowns. Wrestlers must bring their own lunch, drinks, snack. Local Campgrounds & Hotel's for overnight stay options. *Group Discount Consideration for School or Summer Travel Teams Registering 7 Wrestlers or more.

Training Sessions & Schedule will be followed:

- 7/10 Sunday – Camp Check-In 8:00 am – 9:00 am (Total of 9 Camp Sessions only \$160)
- 7/10 Sunday Sessions: 9:30 am – 12:00 and 1:00 pm – 3:30 pm
- 7/11 Monday Sessions 9:30 am – 12:00 and 1:00 pm – 3:30 pm
- 7/12 Tuesday: 9:30 – 12:00 pm / 1:00 – 3:30
- 7/13 Wednesday: 9:30 – 12:00 / 1:00 – 3:30
- 7/14 Thursday: 9:30 – 12:00 pm (Grand River Rumble /Camper Weigh-In 12:00-12:30)

*Wrestlers planning to attend the Saturday July 9th Border Wars Tournament must register online (Separate from Camp Entry Fee) online Registration will be available under Border Wars at: www.trackwrestling.com

Commuter Camp Fee \$160 Check or Money Order payable to: Lakeview Wrestling

Mail to: Chris Dunham, 1603 W. Highland Blvd. Battle Creek, Michigan 49015

No refunds after the first day of Camp. \$50 penalty charged on any Checks Returned due to NSF.

Include wrestlers Name, Grade, weight, shirt size, and club on registration form with mailed payments.

Wrestler's Name _____ Grade _____ Weight _____ DOB _____

Address _____ City _____ State _____

School/Club _____ Phone # _____ E-Mail _____

Emergency Contact Name and Phone _____

Parent Name & Signature _____