

THE WRESTLING CENTER



2011 TECHNIQUE SUMMER CAMPS

Intensive Takedown Technique Camp

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4 Week Intensive Folkstyle / Freestyle Training Camp

*

(T.T.B.)

Takedown, Top, Bottom Camp

Camp dates can be reserved
for your team

**AS CLOSE AS YOU'LL GET TO INDIVIDUAL
TRAINING IN A SMALL GROUP SETTING!!!!**

All camps are conducted by:
ARTURO E. HOLMES
And
A select team of clinicians

“THE WRESTLING CENTER”

The Wrestling Center recognizes the dilemma of being grouped in classes with wrestlers who are too young, inexperienced, or incompatible in size and weight. Therefore, the Wrestling Center will recommend each wrestler to register with a wrestling partner that is compatible with their needs. We understand that wrestlers that are superior on their feet will more than likely win the match. Consequently, we’re focusing more efforts on offensive and defensive takedown techniques. The number of techniques will be limited, but with many repetition. The Wrestling Center will provide all instructions.

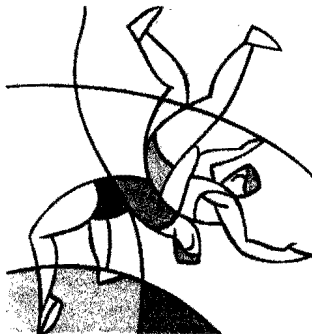
We are proud to offer (3) three choices of summer wrestling camps. They are: 4-week intensive folkstyle/freestyle training camp, intensive takedown technique camp, and (TTB) takedown, top and bottom camp.

4 WEEK INTENSIVE FOLKSTYLE/FREESTYLE TRAINING CAMP - This camp was created to address the needs and desire of wrestlers that want to be challenged to their limits. Since this is a training camp, each wrestler is required to run daily, perform calisthenics and active wrestling daily in addition to technique drilling daily. We at T.W.C. stress this camp is not for everyone, everyone will not be accepted and of those that are, many will not complete the duration. But if you yearn to learn to wrestle at a higher level take the challenge.

TAKEDOWN CAMP – is designed to drill takedown setups, takedown execution, and takedown finishes. This is a very intense camp. This camp has an open enrollment there is no restriction on age, or experience level.

TAKEDOWN, TOP, BOTTOM CAMP – covers all technical aspects of folk-style wrestling. There is no restriction on enrollment.

THE WRESTLING CENTER



“SUMMER 2011”

‘Training Schedule’

<u>Dates</u>	<u>Camps</u>
May 30-June 3	Takedown, Top, Bottom Camp
June 6-10	Takedown, Top, Bottom Camp
June 13-17	4 Week Intensive Folkstyle/Freestyle Training Camp
June 20-24	4 Week Intensive Folkstyle/Freestyle Training Camp
June 27-July 1	4 Week Intensive Folkstyle/Freestyle Training Camp
July 5-9	4 Week Intensive Folkstyle/Freestyle Training Camp
July 11-15	Intensive Takedown Camp
July 18-22	Intensive Takedown Camp
July 25-29	Intensive Takedown Camp

Kids are encouraged to register at camp with a partner that is weight and skills compatible.

'DAILY SCHEDULE'

DAY 1

7:30 a.m.	-	9:00 a.m.	Registration
9:00 a.m.	-	12:00 p.m.	Session 1
12:00 p.m.	-	1:00 p.m.	Live Wrestling
1:00 p.m.	-	2:00 p.m.	Lunch
2:00 p.m.	-	5:00 p.m.	Session 2
5:00 p.m.	-	6:00 p.m.	Conditioning

DAY 2 through 5

8:00 a.m.	-	12:00 p.m.	Session 1
12:00 p.m.	-	1:00 p.m.	Live Wrestling
1:00 p.m.	-	2:00 p.m.	Lunch
2:00 p.m.	-	5:00 p.m.	Session 2

COST

Fee for the 5 day camp is \$295.00.

A deposit of \$100.00 is required for the 5 day camp per week.

Fee for the 4 -week camp is \$1,000.00.

A deposit of \$400.00 is required for the 4 week camp.

A deposit is required with all applications.

All deposits are due by May 16, 2011.

All deposits are non-refundable.

LUNCH

Students should bring \$6.00 a day for lunch and snacks.

DAILY REQUIREMENTS: (For Commuters)

Fitting T-shirts; 1 Pair or wrestling shorts;

1 pair shoes and socks; 1 towel; Toiletries

DAILY REQUIREMENTS: (Over-Night Campers)

Twin size Air Mattress; Bed linen and Pillow; Blanket; Towels and Toiletries;

Daily work out gear and Change of clothes; Running Shoes and Socks;

Athletic Tape; Small Personal Fan; Books or Entertainment Games.

Housing accommodations can be arranged, if needed.

****Daily schedule can be changed depending on needs of the group.****

'TWC'



WRITE TO:

The Wrestling Center

1701 McCoba Drive

Suite A

Smyrna, Georgia 30080

A. E. Holmes

(404) 427-5754

NOTICE:

Please call for a Camp Update. Any camp session is eligible for cancellation if less than 12 students register for the camp. Camp space is reserved on a first come first serve basis. If the camp date of your choice is full, we will try to place you in a camp that will accommodate your schedule.

DIRECTIONS:

Take I-75 to Exit 260 (Windy Hill Road), go west on Windy Hill Road and cross over Cobb Parkway (which is Hwy. 41), go through next traffic light (Village Pkwy.); make the 1st left turn onto Roswell Street; go to the 1st light and make a left "U" turn on Hawthorne Avenue; go to the 1st street which is McCoba Drive and you're there.

"THE WRESTLING CENTER"

Name: _____

Address: _____

Home Phone: _____

Parent's Work Phone: _____

Age: _____ Grade: _____ Weight: _____

Wrestling Highest Accomplishment: _____

Camp Date Session Requested: _____

Shirt Size: _____

USA Wrestling Card Number: _____

Student Signature: _____

Parent's Signature: _____

To ensure a place at a particular camp, please include the deposit required for the chosen camp. The deposit required for all camps is **\$100.00** per week. **ALL DEPOSITS ARE NON-REFUNDABLE.** (Except for medical withdrawals only). The remaining balance is due on the morning of the 1st day of the camp.

WAIVER

In consideration of my application being accepted, I _____, am legally bound due hereby, for myself, my executors, and administrators, waive release and forever discharge all claims for damages, which I may have or which may hereafter acquire to me. I waive release and forever discharge Arturo Holmes, The Wrestling Center and staff for any and all damages which may be sustained or suffered by me in connection with my association with, or participating

I, _____, do agree to work hard to become a better wrestler in 2011.