



## **2017 Voorhees Jr. Wrestling Summer Camp**

**Monday July 24<sup>th</sup> – Thursday July 27<sup>th</sup>**

**8:00am – 12:00pm**

**(Voorhees HS – 256 Rt. 513 Glen Gardner, NJ 08826)**

### Camp Philosophy

This camp is designed for wrestlers regardless of age or experience level (Grades 3-8 are preferred, but exceptions will be made to youth wrestlers with 1-2 years of experience). Campers will be taught wrestling skills/drills in all three positions (neutral, top, bottom), that are directly from the Voorhees Wrestling system. Our goal is to build on basic middle, high school, and college-level technique, develop fundamental skills, and gain live wrestling experience/matches. The clinicians have designed a curriculum to teach the skills needed to become a good youth, middle school, or high school wrestler. Campers will be grouped based on experience so they can learn at their own pace and have partners/opponents that will help make them better. The live wrestling portions of each session will also include competitions and matches to give our staff a better opportunity to examine and evaluate each individual's performance in a competitive situation. We will also have the opportunity for fun and games as our goal is to provide a safe and fun learning environment in order to provide the best experience for our campers.

Location - Voorhees HS Wrestling Room

Camp Tuition - \$120.00 \* Camp tee-shirt is included in the price of tuition.

Camp Insurance, Registration - Camp insurance and registration will be handled directly through the LTAA website. [LTAA - https://ltaa.sportsoffice.com/](https://ltaa.sportsoffice.com/).

Staff - The camp staff will consist of members of the VHS High School wrestling coaching staff and current wrestling team.

Please try to register by July 1<sup>st</sup> if possible.

Any questions, please contact Coach Eric Hall – [ehall@nhvweb.net](mailto:ehall@nhvweb.net) or (908) 797-3006