

INTENSIVE TRAINING CAMP

August 1st-5th 3PM-5PM

The Intensive training camp will be conducted the first week of August at the Wrecking Crew facility. At this camp you will be challenged both physically and mentally. We will be testing your limits as an athlete. It is recommended that some form of training be done up until you enter the first session of this camp. DO NOT come to this camp out of shape. Campers will be required to bring running and wrestling shoes to this camp. We will be training as Division 1 wrestlers train, all year, for one week. Resistance training and endurance training will be conducted in the intensive camp. Please be prepared to work hard for the entire camp.

We will be teaching the athletes a deeper understanding of discipline, sacrifice, dedication, hard work, and accountability by pushing you to your limits both mentally and physically. This will drastically change the way you approach wrestling, as well as life. Get ready for the experience of a lifetime and a new appreciation for the phrase "hard work!"

PLEASE SELECT FROM THE FOLLOWING CAMPS:

- **Intensive Training Camp**
(August 1st-5th)

***All Sessions are coached by Wrecking Crew Coaching Staff:**

-Dave Miller Jr.-2x NJ State Champion-

CrossFit Level 1 trainer

-Ryan Cunningham-2x NJ State Champion

ALL CAMPERS MUST BE PRE-REGISTERED

Please send check and registration forms to:

Wrecking Crew Wrestling Academy

**721 Main Street Lumberton, NJ
08048**

REGISTRATION:

NAME: (FIRST, LAST)

.....

AGE:.....

WEIGHT CLASS:.....

EMERGENCY CONTACT:

NAME:.....

ADDRESS:.....

PHONE # () _____ - _____

E-MAIL:.....

INSURANCE PROVIDER:

.....

POLICY #.....

SIGNATURE.....

PLEASE FILL OUT ABOVE FORM AND SEND PRIOR TO JULY 21ST:

WRECKING CREW WRESTLING ACADEMY:

721 MAIN STREET LUMBERTON, NJ 08048

Intensive Training Camp

SUMMER 2011

AUGUST 1ST-5TH

721 MAIN STREET

LUMBERTON NJ 08048



BECOME THE ELITE