

Other outstanding local coaches may assist in the camp to ensure personal contact and quality instruction. All boys will be matched according to size and experience.

SESSIONS: July 14 - 17 Virginia Camp

TIME: 10am - 3pm

REGISTRATION: To ensure your place **enroll now**, by mailing the attached form and \$150 deposit to: Wrestling Clinic, P.O. Box 48, Davidsonville, MD 21035. **Questions call 410.903.1158 or email kward1158@aol.com**

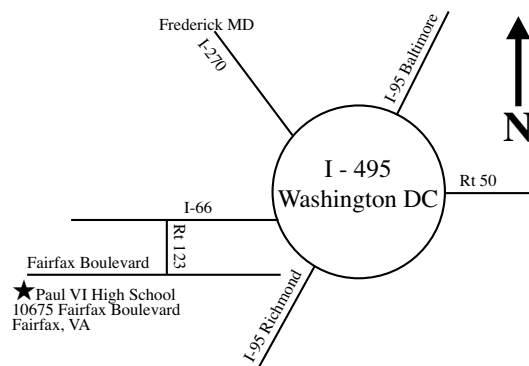
CHECK-IN: 9:30am on Wednesday, July 14th at the Paul VI Gym, back of school.

COST: \$295, entire session.

\$280 if paid in full by 6/12/10.

PAY BY CHECK OR CREDIT CARD

LOCATION



DIRECTIONS - PAUL VI HIGH SCHOOL

From I-66, exit #60 south, on to Rt 123 (Chain Bridge Rd), turn right (west) onto Fairfax Boulevard (Rt 29/50), Paul VI High School on the left 1/4 mile.

INSTRUCTIONS TO INCLUDE

- ★Takedowns
- ★Pinning
- ★Escapes, Reversals, Riding
- ★Leg Riding
- ★Granby Roll Series
- ★Nutrition for Wrestling
- ★Psychological Aspects of Wrestling
- ★Conditioning for Wrestling
- ★Greco-Roman Techniques
- ★Freestyle Techniques

RECREATIONAL ACTIVITIES

(during break periods)

- ★Video viewing of top college meets
- ★Group games designed for wrestling conditioning
- ★Free wrestling

TRANSPORTATION

(metro train @ Vienna, VA)

The camp will provide a shuttle service from the Metro Station (orange line) at Vienna. A \$30 charge (for the week) will be added for the shuttle. A clinic bus will be at the Metro Station from 9am to 9:30am each morning. At 3pm, at the end of the clinic each day, a shuttle will return to the Metro Station. The shuttle will be subject to a sufficient number of persons signing up, in addition, a limited number will be allotted.

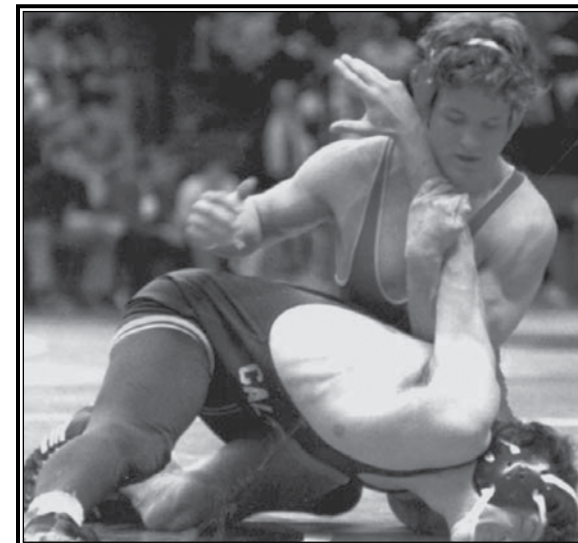
All persons requesting transportation will be called the week before camp.

Vienna Metro Station / Orange Line
Metro Customer service 202.637.1328
www.wmata.com

THE CLINIC WILL PROVIDE

- ★Camp T-shirt
 - ★Insurance
- Campers should bring a bag lunch & Wrestling Gear

NORTHERN VIRGINIA CHAMPIONSHIP 2010 SUMMER WRESTLING CAMP



HOSTED BY

KELLY WARD

DIRECTOR/ NCAA CHAMPION

&

PAUL VI CATHOLIC HIGH SCHOOL

10675 FAIRFAX BOULEVARD

FAIRFAX, VIRGINIA 22030

featuring

STEVE GARLAND

HEAD COACH-UNIVERSITY OF VIRGINIA

&

MARK CODY

HEAD COACH-AMERICAN UNIVERSITY

also

NCAA CHAMPIONS & NCAA ALL-AMERICANS

COACHES WELCOME

ENROLL TODAY...LIMITED ENROLLMENT

(feel free to duplicate)

KWARD1158@AOL.COM

NEW "MINI" TOURNAMENT SATURDAY 7.17

VIRGINIA SESSION: JULY 14 - 17

Kelly Ward/Wrestling Camp

P.O. Box 48

Davidsonville, MD 21035

STAFF ACHIEVEMENTS

Steve Garland

- ★Head Coach, University of Virginia
- ★Former-Top Assistant Coach, EIWA Champion, Cornell University
- ★NCAA Silver Medalist
- ★ACC Champion, UVA

Mark Cody

- ★Head Coach, American University
- ★Former Assistant Coach, NCAA Champions, Oklahoma State University
- ★2x NCAA All-American, University of Missouri

Al Freeman

- ★NCAA Silver Medalist
- ★2x NCAA All-American
- ★Big 8 Champion
- ★Midlands Champion & Outstanding Wrestler
- ★Iowa State H.S. Champion

Wayne Hicks

- ★US Naval Academy
- ★NCAA Silver Medalist
- ★2x EIWA Champion

Mike Cannon

- ★2x NCAA All-American
- ★2x EIWA Champion
- ★2x Captain American University Wrestling Team
- ★Maryland State High School Champion
- ★Former Kelly Ward Camper

- ★Former Wrestling Coach, University of Nebraska, & Iowa State University.
- ★Coached Olympians and NCAA Champions
- ★NCAA Champion
- ★NCAA Silver Medalist 2x
- ★Big 8 Champion 2x
- ★Outstanding Wrestler Big 8, 1979
- ★All-American 3x
- ★Captain Iowa State University Team
- ★NCAA Record 126-10-2
- ★Member of NCAA Championship Team 1977
- ★Undefeated in International Competition
- ★National Prep Champion
- ★State High School Champion 3x
- ★Undefeated in High School Competition 90-0-0

FORMER WARD CAMPERS

- ★**Mack Lewnes** - 2x National Prep. Champ
4x State Champ, Cornell U.
- ★**Sam Lewnes** - 2x State Champ, Okla. State.
- ★**Mike Cannon** - State Champ, American U.
- ★**Eren Civan** - 3x State Champ, Columbia U.
- ★**Frank Edwards** - 3x State Champ, USNA
- ★**Alex Ward** - State Champ U. Of Neb.
- ★**Danny April** - 3x State Champ
- ★**Cam Watkins** - 2x State Champ, ODU
- ★**Ben Graham** - State Champ, Davidson U.
- ★**Bubby Graham** - 3x State Champ, American U.
- ★**Ryan Davis** - 3x National Prep. & State Champ
- ★**Tim Bohlman** - State Champ, York College.
- ★**Jon Kohler** - 3x State Champ, University of MD
- ★**Dan Whitenak** - State Champ, Ediboro U.

*34 State Championships Won
by these former Ward Campers!*



DIRECTOR Kelly Ward

“I have always believed to be an outstanding wrestler, one must be well versed in all phases of the sport. This will be that sort of clinic. I will cover all areas from the fireman’s carry takedowns, through the entire leg riding and pinning series, to perfecting the granby roll series. I will cover any and every phase of wrestling desired by my campers. I feel that any wrestler who attends my clinic will improve his skills, and will be that much closer to being a state champion.”

email: kward1158@aol.com

CLINICIANS

All will assist Coach Ward. All are veterans of many clinics across the USA and all are in heavy demand. These men have had very successful careers in major NCAA and international competitions. All are tremendous teachers of wrestlers. Clinicians are subject to change.

Coaches Welcome!

Any coach with 2 or more athletes attending from his school may also attend for **FREE**

Accepting VISA, Mastercard, and Discover

**NEW- “Mini” Tournament
on Saturday 7.17.10**

(Feel Free to Duplicate)

CUT AND RETURN

(limited Enrollment - enroll today!)

Campers Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Tel: H () - - - - - W () - - - - - C () - - - - -
 Email: _____ Team: _____
 Medical Insurance Provider _____ Policy # _____
 Date of Birth _____ Age _____ HT _____ WT _____ No. of years wrestling experience _____
 Credit Card Amount Charged \$ _____ VISA MC AMEX Discover
 Name on Card _____ Exp. Date _____
 Credit Card # _____

(Feel Free to Duplicate)

1. Deposit \$ _____ Date _____
 2. Balance \$ _____ Date _____

Official Clinic Use Only

Make check payable to and mail to:
Kelly Ward • P.O. Box 48 • Davidsonville, MD 21035

My boy's / girl's health will meet medical standards. I understand that neither Paul V.H.S., Kelly Ward, nor the coaches or counselors can assume responsibility for accidents, medical or dental, resulting from sports training during his stay on campus or during travel. I/we being the legal guardians of the above applicant authorize Kelly Ward Camp and its agents permission to request medical treatment as necessary to insure the well being of our dependent. I am aware of the inherent danger & risk involved in Wrestling Camp including but not limited to: injury to eyes, nose, head, neck, back, fractures, breaks, dislocations, lacerations, concussions, skin disease, or death. I also understand my Accident or Medical Insurance will be utilized in the event of injury. I agree that I am financially responsible for any & all medical expenses associated with my child's participation in this program. **All Sessions:** 10am-3pm. All children under 8 years old must be accompanied by an adult at all times.

Parent/Guardian Signature: _____

Date: _____