

Team Rampage/SMWC
Commuter Camp

Team Rampage and SMWC are bringing you the first of two must attend commuter camps of the summer. This first technique/intensive training camp is sure to give you everything you are looking for to improve your wrestling. This is a 5 day (M-F) camp that will include three sessions a day. Two sessions will be devoted strictly to technique, while the last session will be live wrestling and conditioning. Campers will have an option to rest, leave or take part in planned activities between sessions. Campers are asked to bring their own lunch.

Each year we try and bring you some of the best clinicians in the country and once again we won't disappoint you. This year's committed counselors include, but are not limited to: Rampage's own, Jason Kiessling (ACC Champ, State Champ, Team Rampage Director), Andre Brenner (2x Ukraine National Champ), Todd Beckerman (UMD Coach, 2x Div I AA for NEB), Wade Hughes (2x Div I AA for Howard), Mark Samples (Div I AA for Edinboro Univ.), Hudson Taylor (2x Div I AA for UMD), Roger Stewart (2x GR Deaf Olympian, 3rd 04' 2nd 08'), Alex Krom (Midlands Champ, NCAA Div I AA for UMD), as well as camp director and coach of Rampage, Jason Gabrielson (7th place US FS Olympic Trials, World Cup Champ, 2x World Sombo Champ).

Other committed counselors include, but are not limited to: Rudy Rudea (4x National Prep Champ), Andrew Bannister (3x state champ, Current starter for VMI), Pat Prada (2x state champ, DeMatha wrestling, headed to Navy), Tanner Schaffer (State Champ, Current starter for AU), and many more.

All sessions will have a minimum of 4 counselors to ensure all wrestlers get the 1on1 instruction they need. Our goal is to provide you with as much technique from as many different people as possible. We will have a new clinician



Maryland's Alex Krom

at every session so you get a wide range of moves and styles from all positions. We strongly encourage everyone to bring a video camera and/or take notes so you have something to reference later. Our live session is longer than almost any other camp in the country. With over 1 full hour devoted strictly to live wrestling, our campers will have plenty of time and opportunities to try out the moves they just learned.

Camp times are 9am-3:30/4pm. The first session will start promptly at 9am and will last 2 hrs. The remaining 2 sessions will range from 1-2 hrs in length with 30min.-1hr breaks in between sessions.

Friday's last session will end at 12noon. I like to run a mini tournament and games on Friday. Campers can earn prizes based on their performance throughout the camp, the mini tournament, and games on Friday.

The cost for this camp is \$250. There is a \$25 discount for anyone that sends in their application and payment before Saturday May 22. A \$25 discount will also be given to groups of 5 or more. If applying as a group, please indicate what team you are with and send all registration forms and money in one envelope. Group discounts do not coincide with early registration discounts.

Parents and Coaches are welcome to attend free of charge. We will be recording the technique part of the camp, but all campers are encouraged to bring their own video camera.

Camp Registration

Name: _____

Address: _____

ZIP: _____

Phone: _____

Team: _____

Make check payable to:
Southern Maryland Wrestling Club

Mail to :

Jason Gabrielson
1675 German Chapel Road
Prince Frederick, MD 20678

COST:

\$250/per person

APPROX. TIMES:

Session 1 (9am-11am)
Break 1 (11am-12pm)
Session 2 (12pm- 1:30/2pm)
Break 2 (:30min-1hr)
Session 3 (2:30/3pm – 3:30/4pm)

*For further info contact Jason Gabrielson at 202-386-4283