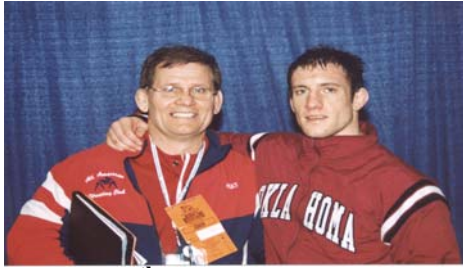


**ROB WALLER'S PENNSYLVANIA
ALL AMERICAN WRESTLING CAMPS
2010 MICHIGAN CAMP**



July 26th thru July 30th 2010

ALL AGES & SKILL LEVEL WELCOME

Accepting 40 Wrestlers

Cherry Creek School 12675 Foreman St. Lowell, Michigan
Pennsylvania – Michigan – Ohio - West Virginia - Indiana - Florida

Head Coach of the Pennsylvania All-American WC, Rob Waller will bring his Staff of Clinicians to Lowell, Michigan. The main emphasis of this Camp will be teaching proper technique for Championship style wrestling. Instruction on multiple setups for double and single leg takedowns Bottom work to include, stand-ups, reversals, escape from leg rides. Top work to include tilts, turns, & legs, an excellent cradle series and fundamental breakdowns. This is a commuter Camp; wrestlers must bring their own lunch,

Training Sessions & Schedule will be followed:

- 7/26 Monday Morning - Camp Check-In 8:30 - 9:00
Monday 9:30 – 12:00 / 1:00 – 3:30
- 7/27 Tuesday: 9:30 – 12:00 pm / 1:00 – 3:30
- 7/28 Wednesday: 9:30 – 11:30 am / 12:30 – 3:00
- 7/29 Thursday: 9:30 – 11:30 am / 12:30 – 3:00
- 7/30 Friday: 9:30 – 11:30 am (Weigh-In for Midnight Madness Friday evening Tournament)

Wrestlers planning to attend the Friday July 30th Midnight Madness Tournament at Lowell must mail Tournament form and make payment to Creative Wrestling (Separate from Camp Entry Fee)

Midnight Madness Tournament Form at: www.grandriverrumble.com

Camp Fee: \$150 Per Wrestler – Mail Deposit or Camp Fee Payable to: Rob Waller

Mail to: Lowell Wrestling PO Box 343 Lowell, Michigan 49331 No refunds after the first day of Camp.

Wrestler's Name _____ Age _____ Grade _____

Address _____ City _____ State _____

School/Club _____ Phone # _____ E-Mail _____

Emergency Contact and Phone _____

