

ROB WALLER'S
ALL AMERICAN WRESTLING CAMPS
 LOWELL, MICHIGAN
TECHNIQUE – INTENSE DRILLING – LIVE WRESTLING



ALL AGES & SKILL LEVEL WELCOME

Cherry Creek School 12675 Foreman St. Lowell, Michigan

Pennsylvania – Michigan – Ohio - West Virginia - Indiana – California – Illinois

Special Guest ~ University of Wisconsin Coach Barry Davis

July 23rd thru July 27th 2012

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. Commuter wrestlers must bring their own lunch,

Training Sessions & Schedule will be followed:

- 7/23 Monday Morning - Camp Check-In 8:30 - 9:00
Monday 9:00 – 11:30 / 12:30 – 3:00
- 7/24 Tuesday: 9:00 – 11:30 pm / 12:30 – 3:00
- 7/25 Wednesday: 9:00 – 11:30 am / 12:30 – 3:00 (Match Night Wednesday Evening - Lowell Duals Camp)
- 7/26 Thursday: 9:00 – 11:30 am / 12:30 – 3:00
- 7/27 Friday: 9:00 – 11:00 am (11:00 AM Weigh-In for Friday evening Tournament at Lowell)

Wrestlers planning to attend the Friday July 27 Tournament at Lowell must mail Tournament form and make payment to Border Wars Wrestling (Separate from Camp Entry Fee) Tournament Forms & Info at: www.grandriverrumble.com

Camp Fee: \$150 Commuters ~ \$275 Overnight – Mail Deposit or Camp Fee Payable to: Rob Waller

Mail to: **R. Stehley 2901 Parnell Ne Ada, MI 49301** No refunds after the first day of Camp.

Limited Overnight Campers will be accepted \$275 includes all meals & camp activities.

Bring Fishing Rod & Tackle Box & Bait, Inner Tube for River Float, Fund's for Movie Theater.

Wrestler's Name _____ Age _____ Grade _____

Address _____ City _____ State _____

School/Club _____ Phone # _____ E-Mail _____

Emergency Contact and Phone _____