



# Kerry McCoy's Maryland Wrestling Camps 2010

## “Train HARD, Train SMART!!!!”

**\*This letter confirms that we have received your registration and payment for one or more of our 2010 summer wrestling camps. Below is a list of general information for all camps.**

### Camp Descriptions:

**Beginner** – One session per day and provide beginning wrestlers with solid basic skills necessary to achieve high levels of success in the sport. High coach-to-wrestler ratio.

**Team**– Gives teams the ability to come together and train in a competitive atmosphere during the summer. Camp will include technique at the beginning of each session followed by dual meets (approximately 4-5 a day) from high school teams all over the country. Each team is paired up with a University of Maryland camp counselor to help coach and analyze technique and mat strategy.

**Technique** –Three sessions per day and include 80% instruction and 20% combat with live evaluations. High coach-to-wrestler ratio.

**“Hell in the Shell” Intensive** –Three sessions per day and include instruction on technique, intense drilling, and live wrestling with conditioning and strength training. High coach-to-wrestler ratio.

### Camp Staff:

Kerry McCoy's Maryland Wrestling Camps are designed to combine fun and fundamentals as well as advanced technique. Our staff is composed of the best college coaches and wrestlers in the country. Included are NCAA All-Americans, NCAA National Champions, and World Team/Olympic competitors. The camps will provide you with the tools to reach your goals!

### Facilities:

Cole Field House (Team Camp & Technique Camp)

University of Maryland Wrestling Room (Beginner Camp & “Hell in the Shell” Intensive Camp)

### Camp Features:

- The best coaching anywhere, PERIOD!
- Coaching staff active in World and Olympic competition
- State of the art facilities
- Great food - all you can eat!
- Supervised dorms - 24 hours
- Open mat time, with personalized help from the staff
- Outstanding conditioning instruction
- Certified athletic trainers
- Open door policy... Parents and coaches always welcome
- Supervised weight training
- Digital color group photo
- Free t-shirt to all campers
- Camp Technique Video available for purchase

### Typical Daily Schedule (Team, Technique & Intensive Camps)\*\*:

6:45am	Run ( <i>Intensive campers only</i> )
7:30am	Breakfast
9:00-11:00am	Wrestling Session I
11:30-1:30pm	Shower, Lunch, and Recreation
2:00-4:00pm	Wrestling Session II
4:30-6:00pm	Shower, Dinner, and Recreation
6:30-8:30pm	Technique and Wrestling Session III
9:00-10:30pm	Snacks, Video, and Recreation
10:45 pm	Room Check
11:00pm	Lights out

\*\*Actual schedule may vary

### **What to Bring:**

- Wrestling shoes, running shoes, workout shirts and shorts, sweatshirt
- Towels and Toiletries
- Laundry Bag, Soap, Quarters
- Pillow, Sheets, Blankets
- Money to purchase gear and snacks
- Fan - The dorms are NOT air-conditioned

### **Check In & Check Out:**

#### **Beginner Camp (June 21<sup>st</sup> -25<sup>th</sup>)**

- *Commuters:* Check In will take place on June 21<sup>st</sup> at 8:30am outside the Wrestling Room in the Comcast Center on the University of Maryland campus. Check out will take place at the same location on June 25<sup>th</sup> at 12.00pm.

#### **Team Camp (June 27<sup>th</sup>-June 30<sup>th</sup>)**

- *Overnight Campers:* Check In will take place on June 27<sup>th</sup> from 11:00am-1 pm **location TBA**  
Overnight Campers: Check Out will take place at the same location on June 30<sup>th</sup> from 11:00 am - Noon.
- *Commuters:* Check In will take place on June 27<sup>th</sup> from 11:00am-1 pm **location TBA**  
Commuters: Check out will take place at **Cole Fieldhouse** after last session on June 30<sup>th</sup> from 11:00 am - Noon.

#### **Technique Camp (July 5<sup>th</sup>-8<sup>th</sup>)**

- *Overnight Campers:* Check In will take place on July 5<sup>th</sup> from 11:00am-1 pm **location TBA**  
Overnight Campers: Check Out will take place at the same location on July 8<sup>th</sup> from 11:00am-Noon.
- *Commuters:* Check In will take place on July 5<sup>th</sup> from 11:00am-1 pm **location TBA**  
Commuters: Check out will take place at **Cole Fieldhouse** after last session on July 8<sup>th</sup> from 11:00am-Noon.

#### **“Hell in the Shell” Intensive Camps (July 5<sup>th</sup>-10<sup>th</sup>)**

- *Overnight Campers:* Check In will take place on July 5<sup>th</sup> from 11:00am-1 pm **location TBA**  
Overnight Campers: Check Out will take place at the same location on July 10<sup>th</sup> from 11:00am-1 pm.
- *Commuters:* Check In will take place on July 5<sup>th</sup> from 11:00am-1 pm **location TBA**  
Commuters: Check out will take place at the same location on July 10<sup>th</sup> from 11:00am-Noon.

### **Key Deposits:**

- *For Overnight campers ONLY:* If a dormitory room key is lost, the wrestling program is billed \$85 by the University for key and lock replacement fees. Therefore, we ask that you bring an \$85 deposit check payable to **Kerry McCoy's Maryland Wrestling Camp**. This check will be collected at Check-In and returned to you at the end of the week in exchange for your key.

### **Maps and Directions:**

For campus maps and directions, please visit <http://www.transportation.umd.edu/visitor/directionstocampus.html>

For directions to the Comcast Center, please visit <http://www.umterps.com/travel/comcast-directions.html>

### **USA Card Numbers:**

USA Wrestling provides an insurance program to cover our campers. Through this program, we pay the USA Wrestling Card rate for all campers with a USA Wrestling Membership Card. Therefore, **if you have a current USA Wrestling Card**, we ask that you PLEASE call or email camp director Todd Beckerman with your name and membership number so that we may retrieve your card. His information is listed below.

### **Camp Director:**

Todd Beckerman

### **Contact Information:**

[tfb@umd.edu](mailto:tfb@umd.edu)

301-314-6677