

CAMP STAFF

5 GREAT CAMPS

REGISTRATION



KERRY McCOY
HEAD COACH
 UNIVERSITY OF MARYLAND
 OLYMPIC TEAM COACH
 2X US OLYMPIAN
 2X NCAA CHAMPION



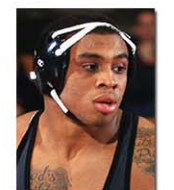
JIMMY SHEPTOCK
 ASSISTANT COACH
 UNIVERSITY OF MARYLAND
 2X NCAA ALL-AMERICAN



SETH ECKER
 ASSISTANT COACH
 UNIVERSITY OF MARYLAND
 2X NCAA CHAMPION



GANBAYAR SANJAA
 ASSISTANT COACH
 UNIVERSITY OF MARYLAND
 2X NCAA ALL-AMERICAN



KENNY COURTS
 NCAA ALL-AMERICAN
 TERRAPIN WRESTLING
 CLUB COACH

ALL CAMPS COMBINE LEARNING TECHNIQUE AND LIVE WRESTLING
 AND ARE OPEN TO ALL WHO REGISTER

BEGINNER CAMP

JUNE 20 - 23 AGES 5 - 16*
 Learn the basic skills of wrestling
 \$160 Commuter only **

GIRLS CAMP

JUNE 23 - 25 GIRLS OF ALL AGES
 Elite technique & structured training for girls
 \$150 Commuter**
 \$250 Overnight**
 Group of 2 - \$230 each
 Group of 3 - \$210 each
 Group of 5 or more - \$150 each

COMPETITION-TECHNIQUE CAMP

JUNE 26 - 28 AGES 5 - 18*
 Learn technique in a competitive atmosphere
 \$355 Commuter** \$455 Overnight**

"HELL IN THE SHELL" INTENSIVE CAMP

JULY 5-8 AGES 14 - 18*
 Elite training at an intense level
 \$540 Commuter** \$640 Overnight**

BEACH CAMP

JULY 23 - 26 AGES 5 - 18*
 Spend time at the beach and on the mats
 Cape Henlopen High School Lewes, DE
 \$150 Commuter only **

*IF YOU ARE INTERESTED IN A CAMP BUT DO NOT
 MEET THE AGE REQUIREMENTS, CONTACT US FOR
 POSSIBLE EXCEPTION

**REGISTER ONLINE TO RECEIVE A \$20 DISCOUNT

FOR MORE DETAILS VISIT
WWW.MARYLANDWRESTLINGCAMPS.COM

****REGISTER ONLINE TO RECEIVE A \$20 DISCOUNT****
 ONLINE REGISTRATION AVAILABLE AT:
WWW.MARYLANDWRESTLINGCAMPS.COM

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____
 Age _____ Grade _____ Wt _____ T-size YL YXL S M L XL XXL
 School _____
 E-mail _____
 Roommate Preference _____
 Emergency Contact _____
 Phone _____

Please check camp(s):

- BEGINNER CAMP Commuter only
 GIRLS CAMP Commuter Overnight
 COMPETITION-TECHNIQUE Commuter Overnight
 HELL IN THE SHELL Commuter Overnight
 BEACH CAMP Commuter only

Checks payable to:
 Kerry McCoy's Maryland Wrestling Camps
 Send check(s) and registration to:
 Kerry McCoy 1712 Xfinity Center College Park, MD 20742

Please provide specific written instructions for any special medical
 condition that you deem necessary while participating in this camp.
 I verify that my child has been seen by a licensed physician and is
 physically able to participate in this camp. I hereby authorize the staff
 of the Maryland Wrestling Camp to act for me, according to their best
 judgement in any medical emergency, while there is an attempt to
 contact me. I waive and release this camp from any liability, injuries,
 or illness incurred while attending the camp. The camper shall use
 the facilities at his or her own risk. The University, the department of
 athletics and its staff shall not be liable for any damages.

Signature of parent or guardian _____ Date _____

Insurance Company _____ Policy Number _____

CAMP COUNSELORS

INCLUDE FORMER AND CURRENT
 UNIVERSITY OF MARYLAND WRESTLERS

DAILY SCHEDULE



BEGINNER CAMP

8:45am - 9:00am Drop off/Check in
9:00am - 12:00pm Session
12:00pm - 12:30pm Pick up/Check out

GIRLS CAMP

7:00am - Cross Train (Optional for commuters)
7:45am - 8:30am Breakfast
8:45am - 9:00am Drop off/Check in for Commuters
9:00am - 11:00am Session 1
11:00am - 2:00pm Lunch/Free time
2:00pm - 4:00pm Session 2
4:00pm - 6:30pm Dinner/Free time
6:30pm - 8:30pm Session 3
8:30pm - 9:00pm Pick up/Check out for Commuters
8:30pm - 10:30pm Free time/Games/Video
11:00pm - Lights out

COMPETITION-TECHNIQUE CAMP

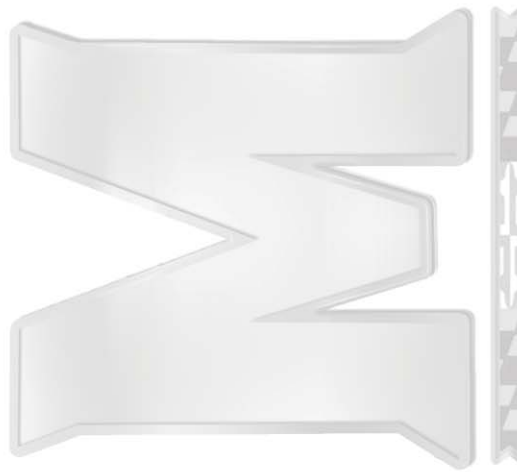
7:45am - 8:30am Breakfast
8:45am - 9:00am Drop off/Check in for Commuters
9:00am - 11:00am Session 1
11:00am - 1:00pm Lunch/Free time
1:30pm - 3:30pm Session 2
4:00pm - 6:00pm Dinner/Free time
6:30pm - 8:30pm Session 3
8:30pm - 9:00pm Pick up/Check out for Commuters
8:30pm - 10:30pm Free Time/Games/Video
11:00pm - Lights out

HELL IN THE SHELL CAMP

7:00am - Morning Run (Optional for commuters)
7:45am - 8:30am Breakfast
8:45am - 9:00am Drop off/Check in for Commuters
9:00am - 11:00am Session 1
11:00am - 1:00pm Lunch/Free time
1:30pm - 3:30pm Session 2
4:00pm - 6:00pm Dinner/Free time
6:30pm - 8:30pm Session 3
8:30pm - 9:00pm Pick up/Check out for Commuters
8:30pm - 10:30pm Free Time/Games/Video
11:00pm - Lights out

BEACH CAMP

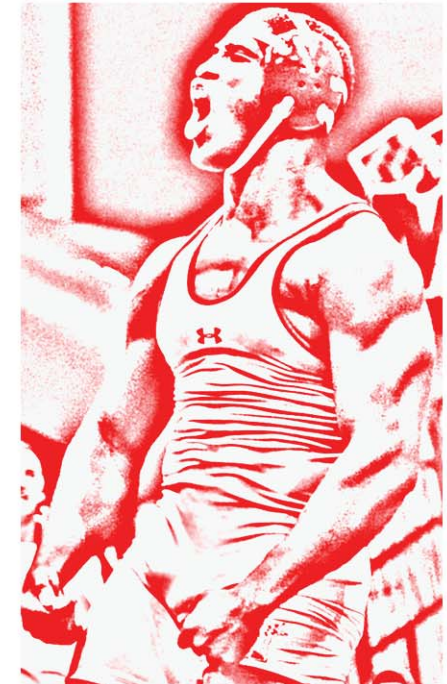
5:45pm - 6:00pm Drop off/Check in
6:00pm - 9:00pm Session
9:00pm - 9:15pm Pick up/Check out



MARYLAND WRESTLING
1712 XFINITY CENTER
COLLEGE PARK, MD 20742



KERRY McCOY WRESTLING CAMPS



TRAIN HARD... TRAIN SMART!!!

FOR MORE INFORMATION AND ONLINE REGISTRATION VISIT:
WWW.MARYLANDWRESTLINGCAMPS.COM