

# 3STYLE

## WRESTLING CAMP

SCORE MORE

***Score more points by learning the techniques of all three major wrestling styles and increase your ability and confidence to score in a greater variety of positions.***

- We teach Collegiate, Freestyle, and Greco Roman wrestling skills
- We provide instruction from world and national level wrestlers and coaches
- We teach the most current training techniques to prepare for the upcoming wrestling season
- Wrestlers will be divided into three groups for instruction – novice, intermediate, and advanced
- We will offer the opportunity to use the techniques you learned in camp, at our Freestyle /Greco tournament. The day after camp. NO charge for campers

### **Camp Info:**

**Who should attend:** Rising 4<sup>th</sup> –12th graders & all coaches

**When:** NY – July 5-8, 2016 – 8:30am – 3:30pm  
VA – July 11-15, 2016 – 8:30am – 3:30pm

**Where:** NY – Roundout Valley High School – 122 Kyserike Rd, Accord, NY 12404  
VA – Falls Church High School – 7521 Jaguar Trail, Falls Church, VA 22043

**Cost for the Week:** \$150 for an individual  
\$1000 for your team (Limit 10 per team)

**Register:** NY – [3stylewrestlingny.eventbrite.com](http://3stylewrestlingny.eventbrite.com)  
VA – [3stylewrestlingva.eventbrite.com](http://3stylewrestlingva.eventbrite.com)

**Contact:** Ken Walsh for NY Camp@ [kwalshandsons@gmail.com](mailto:kwalshandsons@gmail.com)  
or Dustin Payne for VA Camp @ [dlpayne1@fcps.edu](mailto:dlpayne1@fcps.edu)

### **Camp Instructors:**

**Derrick Waldroup** – 1996 US Olympic Team, 4X USA National Champion, USA World Team, C.I.S.M World Greco Roman Champion, All-time Armed Forces Champion, All-Army Champion, All-Army Coach, NCAA Junior College Champion

**Rodney Smith** – Olympic Bronze Medalist, 2X Olympian ('92 & '96) , 2X NCAA All-American, All-Army Champion

**Floyd Winter** – US Olympic Wrestling Coach, U.S. World Team Coach, All-Army Coach, Former C.I.S.M. World Freestyle & Greco Roman Champion, Armed Forces Champion

**Anibal Nieves** – 2X Olympian(92&96) 2X Pan Am Games silver medalist, world team member, NCAA Division 1 All-American, Coach(ed) Springfield Technical community college, Western New England University

**Phil Brown** – 2X USA All-American, Olympic Alternate, 2X NCAA All American, All Army Champion, Armed Forces place winner, 2X USAEUR Champion, Empire State Games Freestyle & Greco Champion, 3<sup>rd</sup> NY State championships

\*\*Other nationally recognized wrestlers & coaches will conduct sessions during the week.