



WRESTLING CAMPS PHILOSOPHY

Our camps are designed to help all youth wrestlers in the Washington D.C Metropolitan area. We here at St. John's College High School strive for greatness in the classroom as well as on the mat. Campers will be taught the same technique and drills that were used to achieve success throughout my competitive career. Which I have now transitioned into teaching my student athletes for the past six years. All technique taught will be reviewed on a daily basis emphasizing repetition. The drills and techniques enforced at camp will be the guide to success for each student athlete in the near future.

CAMP DIRECTOR CAM WATKINS

Head Wrestling Coach
Performance Training Coach
St. John's College High School
High5coachcam@gmail.com
Tel: 202-795-0015

CLINICIANS

TEAGUE MOORE

- Head Coach, American University
- 1998 NCAA Champ for Oklahoma State
- 2000 University Freestyle World Team Member
- 2002 US Open Freestyle Champ

DAVID TERAQ

- Four Year Starter for American University
- 2016 NCAA Division 1 All American for American University

Current Division 1 College Wrestlers
Current SJC HS Coaching Staff
Current SJC HS Varsity Wrestling Team

CAMPER REGISTRATION

Athlete's Name:

Age:

Weight:

School:

Emergency Contact 1 (Name,Tel.):

Emergency Contact 2 (Name, Tel.):

Parent/Guardian Email Address:

TUITION

WEEK 1
\$360.00

WEEK 2
\$310.00

WEEK 3
\$360.00

(Circle)

50% DEPOSIT DUE BY JULY 8, 2016
Deposit will ensure a spot and camp t-shirt.
ALL FEES ARE NON-REFUNDABLE
ONLY 26 SPOTS AVAILABLE PER WEEK

AVAILABLE DISCOUNTS

\$25.00 OFF Each Registration for attending more than 1 week of camp
\$40.00 OFF Each Registration if 5 or more athletes attend from the same school.

(All group registrations and deposits must be sent together in the same envelope)

Checks must be payable/sent to:

High 5 Wrestling
PO Box 1264
Olney, MD 20830



ST. JOHN'S

COLLEGE HIGH SCHOOL | Est 1851

Opening Minds • Unlocking Talents • Building Leaders

SUMMER 2016 WRESTLING CAMP

featuring

TEAGUE MOORE
Head Wrestling Coach
at American University

DAVID TERAQ
2016 NCAA Division 1 All-American
for American University

CAMP DIRECTOR

CAM WATKINS

Head Wrestling Coach
Performance Training Coach
St. John's College High School
High5coachcam@gmail.com
Tel: 202-795-0015

INTENSIVE CAMPS

WEEK 1

WEEK 3

August 1 - 5 August 15 - 19

This camp has been designed for the Middle and High School student athletes with an intermediate to advanced skill level. Student athletes who aim to win State and National Titles. [Ages 12 - 18](#)

Coaches are welcome to attend along with their most accomplished and dedicated student athletes. Coaches who plan to accompany their wrestlers are asked only to observe.

Parents are welcome to observe during Session 2 only.

WHAT TO BRING

- 3 - 4 Sets of Workout Clothes
- Wrestling Shoes & Running Shoes
- Towel & Soap
- Water Bottle

DAILY SCHEDULE

7:30 - 8:00am: Camper/Parent Registration & Check In (Monday Only)

8:00 - 8:15am: Drop Off/Check In

8:15 - 9:00am: Warm Up - Conditioning, running, and lifting

9:00 - 9:15am: Cool Down/Stretching

9:15 - 9:45am: Snack (Provided for the camper) - Water, granola bar, fruit, and yogurt

Session 1 9:45 - 11:45am: Technique and High intensity drilling

11:45 - 12:00pm: Clean-up/Shower

12:00 - 1:00pm: Lunch - Campers can bring lunch or purchase lunch on campus

Session 2 1:30 - 3:30pm: Technique Review of Session 1, Intense drilling and live wrestling

3:30 - 3:45 pm: Clean up/Shower

3:45 - 4:00pm: Pick-Up

BEGINNER LEVEL CAMP

WEEK 2

August 8 - 12

Aimed toward the beginner elementary and middle school student athlete focused on improving their fundamental skills in a fun atmosphere. The weeks agenda will include the improvement of all skills from the neutral, top, and bottom positions. [Ages 5 - 11](#)

Parents are welcome to observe during Session 3 each day.

LAST DAY SHOWCASE

FRIDAY, AUGUST 12

On the last day of camp Friday, August 12 there will be a mini tournament with live simulation matches showcasing the skill and technique each camper has learned throughout the week.

Parents are encouraged to attend and observe.

WHAT TO BRING

- 3 - 4 Sets of Workout Clothes
- Wrestling Shoes & Running Shoes
- Towel & Soap
- Water Bottle

DAILY SCHEDULE

8:00 - 8:30 am: Camper/ Parent Registration & Check In (Monday Only)

8:30 - 8:45 am: Drop Off/Check In

Session 1 9:00 - 10:30 am: Fundamental Drills

10:30 - 11:00 am: Snack (Provided for the camper) - Water, granola bar, fruit, yogurt

Session 2 11:00 - 12:30 pm: Review from Session 1, Technique, Wrestling minded games

12:30 - 1:30 pm: Lunch - Camper may bring lunch or purchase lunch on campus

Session 3 1:30 - 3:30 pm: Technique, Daily review, Live situations

3:30 - 4:00 pm: Pick-Up

LOCATION AND DIRECTIONS

LOCATION

St. John's College High School
2607 Military Rd., NW
Chevy Chase, DC 20015

DIRECTIONS

From Baltimore and Northeast

Take I-95 South toward Washington, DC. Exit onto I-495 West toward Silver Spring/Bethesda. Once on I-495, take Exit 31 for Route 97, Georgia Ave.

At the end of the off-ramp, turn left onto Route 97 South, Georgia Ave.

After 0.5 mile, bear right onto 16th St.

Turn right onto Military Rd.

Make a right turn onto 27th St. It will be the second stop light on Military Rd.

Turn right at the first driveway to the front parking lot.

From I-270 and Northwest

Once on I-270, take I-495 East toward Silver Spring/Baltimore.

Get off at Exit 33, Route 185/Connecticut Ave. and turn right (South) onto Connecticut Ave.

Turn left onto Military Rd.

Turn left onto 27th St.

Make a right into the first driveway on the right to the front parking lot.

From Annapolis and East

Go west on U.S. 50.

Take I-95/I-495 North toward Baltimore/Silver Spring.

Once on the Beltway, follow the directions from Baltimore.

From Northern Virginia and South and West

Take I-495 North toward Silver Spring/Baltimore. Follow the same directions from I-270.