

Hofstra University
Head Coach
Tom Shifflet's



ADDITIONAL STRONG ISLAND WRESTLING CAMPS AT HOFSTRA UNIVERSITY

YOUTH AND MIDDLE SCHOOL CAMP (JULY 20-24)

SEVEN DAY TRAINING CAMP (JULY 6-12)

Commuter Only

Youth & Middle School Day Camp

July 20 - 24 • \$325 - (Includes Lunch)

This camp is geared toward youth and middle school wrestlers. The kids will have the opportunity to learn the basic skills and also be involved with some team competition. This is a great way to get involved in the sport of wrestling and have fun with other kids their age. We will have a great coaching staff and many college mentors to help during the week.

Camp is limited to 60 kids!

Daily Schedule

- 8:30am - Check-in
- 9:00am - Warm-up
- 9:30am - Technique, Recreation
- 11:00am - Lunch
- 12:00 PM - Technique, Games, Live Wrestling,
Team Competition, Video
- 4:00 PM - Pick-up

Seven Day Training Camp

July 6-12 • \$410 Commuter Only (Includes Breakfast Snack & Lunch)

This camp is for individuals and teams who are preparing for summer competition in all styles and are looking to gain an edge. We will train smart throughout the day (Running, Lifting, Live Wrestling, Technique, and Mental Preparation). The Training camp has limited enrollment for better individual instruction (40 camper limit). This camp is not for beginners!

Campers will be training in the new Teague Ryan Wrestling Complex.

Daily Schedule

- 8:00am - Check-in
- 8:30am - Run or lift
- 9:30am - Shower/Breakfast Snack
- 10:00am - Wrestling Session
- 11:30am - Shower/ Lunch
- 12:30 Pm - Team Recreation
- 2:00 PM - Wrestling Session
- 4:00 PM - Pick-up

To sign up please mail in your Application filled out completely full payment or \$100 nonrefundable deposit to: Strong Island Wrestling, PO Box 4462, Hempstead, NY 11551
Please contact Coach Rob Anspach at (516) 463-3758 for more information. Checkout our website at Strongislandwrestling.com for more information and other camp opportunities.

Name _____ weight _____
graduation _____

Phone _____ age _____ year _____

Address _____

City _____ State _____ Zip _____

Email _____

Parent/Guardian name _____

work phone/cell _____

Do you have a USA Card yes no Card # _____

t-shirt size y/m sm md Lg xLg xxLg

Youth & Middle School Day Camp _____
July 20th – July 24th (\$325)

Seven Day Training Camp _____
July 6th – July 12th (\$410)

Camp Fee _____ Total enclosed _____

Balance Due _____

Due to NCAA rules we can not give individual discounts.
18 and under must have signed waiver by parent or guardian
See website for refund and credit policy