



# Kerry McCoy's Maryland Wrestling Camps 2017

## “Train HARD, Train SMART!!!!”

### 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.

**Girls** - Open to female wrestlers of all ages & skill levels, Elite Technique and Structured Training

**Competition/Technique**– Gives wrestlers 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 competition (dual meets, takedown tournaments, mat wrestling tournaments and other competitive events) during the week. Each group 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% live wrestling with counselor 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.

**Beach** - Great opportunity to spend the day at the beach and get some wrestling in the evening. The camp is located 5 miles from Rehoboth & Dewey Beach.

### 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: \*subject to change

Xfinity Center Wrestling Room University of Maryland College Park  
Camp Henlopen HS, Lewes, DE (Beach 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

### 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 may not be air-conditioned

### Maps and Directions:

[Click here for campus maps and directions](#)

[Click here for directions to the Xfinity Center](#)

### 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 email Coach McCoy ([mccoycamps@gmail.com](mailto:mccoycamps@gmail.com)) with your name and membership number so that we may retrieve your card.