

5 Great Camps

All camps feature a combination of learning technique and live wrestling

-Beginner Camp June 21-25 Ages 5-16*

Learn the basic skills of wrestling
\$195** Commuter only

-Team Camp June 28-July 1 Ages 14-18*

Compete against other teams
\$335** Commuter \$435** Overnight

-Technique Camp July 5-8 Ages 8-18*

Focus on learning solid technique
\$335** Commuter \$435** Overnight

-Intensive Camp July 5-8 Ages 14-18*

Train 3x a day at an intense level
\$385** Commuter \$485** Overnight

-"Hell in the Shell" July 8-11 Ages 14-18*

Intense training in Freestyle and Greco-Roman only
\$245** Commuter \$345** Overnight

**If you are interested in a camp but do not meet the age requirement, contact us for possible exception*

****Register online and receive a \$20 discount**



University of Maryland Wrestling
1712 Comcast Center
College Park, MD 20742



Kerry McCoy's
Maryland Wrestling Camps
Summer 2009 at
The University of Maryland

Beginner Camp, June 21-25

Team Camp, June 28-July 1

Technique Camp, July 5-8

Intensive Training Camp, July 5-8

"Hell in the Shell" FS/GR Camp, July 8-11



Train Hard....Train Smart!!!!

301.314.6677

tfb@umd.edu

www.marylandwrestlingcamps.com

Camp Staff



Kerry McCoy

Head Coach
University of Maryland
2008 FS Olympic Coach
2x US Olympian
4x World Cup Champion
5x US FS National Champion
2x NCAA Champion



Todd Beckerman

Camp Director
Head Assistant Coach
University of Maryland
2x NCAA All-American



Jason Powell

Assistant Coach
University of Maryland
NCAA Champion



James Yonushonis

Assistant Coach
University of Maryland
NCAA All-American

Camp Counselors:

Include current and former
University of Maryland wrestlers

Tentative Daily Schedules

Beginner

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

Team/Technique-Commuter

8:30am-9am Drop off/Check in
9am-11am Session 1
11:30am-1:30pm Lunch/Free time
2pm-4pm Session 2
4pm-6:00pm Dinner/Free time
6:30pm-8:30pm Session 3
8:30pm-9:00pm Pick up /Check out

Team/Technique-Overnight

7:45am-8:30am Breakfast
9am-11am Session 1
11:30am-1:30pm Lunch/Free time
2pm-4pm Session 2
4pm-6:00pm Dinner/Free time
6:30pm-8:30pm Session 3
8:30pm-10:30 Free time/Games/Video
11pm Lights out

Intensive/"Hell in the Shell"

7am Morning Run
7:45am-8:30am Breakfast
9am-11am Session 1
11:30am-1:30pm Lunch/Free time
2pm-4pm Session 2
4pm-6:00pm Dinner/Free time
6:30pm-8:30pm Session 3
8:30pm-10:30pm Free time/Games/Video
11pm Lights out



REGISTRATION

Online registration also available at:
www.marylandwrestlingcamps.com

(Please print)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Grade: _____

E-mail: _____

Wt: _____ T shirt size: S M L XL XXL

Emergency Contact: _____

Name Number

Please check camp(s):

Beginner Camp Commuter only
 Team Camp Commuter Overnight
 Technique Camp Commuter Overnight
 Intensive Camp Commuter Overnight
 Hell in the Shell Commuter Overnight

Make Checks payable to:

Kerry McCoy's Maryland Wrestling Camps

Send check(s) and registration to:

Kerry McCoy

1712 Comcast Center

College Park, MD 20742

Waiver and Insurance Information

Please provide specific written instructions for any special medical conditions 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 judgment 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 this camp. The camper shall use the facilities of The University of Maryland at his/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 _____

Employer or Sponsoring Organization _____