

LONG BEACH WRESTLING CAMP

MONDAY-THURSDAY

JUNE 29 - JULY 2

9 A.M. – 3 P.M.

2 GREAT WRESTLING SESSIONS PER DAY

&

“FUN IN THE SUN”

*ON THE BEAUTIFUL BEACHES OF
LONG BEACH*

Varied instructional groups for
Elementary and Junior High wrestlers

**SPECIAL INVITED STAFF INCLUDES:*

- **SALVADOR CRUZ-** All-American@ Brockport
- **EDUARDO DELGADO-** All-American@ Nassau C.C.
- **AND OTHER SPECIAL GUESTS!**

*Invited staff is subject to change

**CAMP SITE: LONG BEACH MIDDLE SCHOOL
TUITION \$190.00**

THE LBWC IS DESIGNED TO HELP YOU BECOME THE BEST WRESTLER THAT YOU CAN BE AND TO HELP YOU ACHIEVE YOUR GOALS. THE STAFF WILL SHARE WITH YOU THE SKILLS AND STRATEGIES THAT HAVE PREPARED LONG BEACH WRESTLERS TO BECOME THE TOP WRESTLERS IN NEW YORK AND THE NATION.

OVER THE PAST 25 YEARS LONG BEACH HAS PRODUCED:

- 1 NATIONAL CHAMPION AND 12 HIGH SCHOOL ALL-AMERICANS
- 9 NEW YORK STATE CHAMPIONS AND 36 ALL-STATE WRESTLERS
- 53 NASSAU COUNTY CHAMPIONS
- 180 ALL-COUNTY WRESTLERS
- 21 N.C.A.A., N.J.C.A.A., and UNIVERSITY U.S.A.W. ALL-AMERICANS

COME LEARN FROM OUR OUTSTANDING STAFF

Voted 2009 Section Eight Staff of the Year!!!

RAY ADAMS- HEAD COACH LONG BEACH H.S., Nassau County Coach of the Year 2009

JOHN ANFOSSI-LONG BEACH MIDDLE SCHOOL COACH/ L.B. RECREATION COACH

LEO PALACIO-LONG BEACH HIGH SCHOOL COACH, WRESTLED FOR UNC

MIGUEL RODRIGUEZ- LONG BEACH MIDDLE SCHOOL/KIDS COACH

BERNARD VALENTIN-LONG BEACH COACH/FORMER COLLEGE COACH

(PLEASE DETACH AND MAIL TO :)

REGISTRATION FORM- PLEASE APPLY EARLY- Mail to: Ray Adams-Wrestling Coach
P.O. Box 652
Long Beach, NY 11561

Name: _____
Address: _____
City: _____
Phone number: _____
School: _____

A \$50.00 Non-refundable deposit, payable to the Long Beach/USA Wrestling Club must accompany this registration form. You may also pay in full. If you have any questions please contact Coach Ray Adams @ (516) 978-6847. You will be mailed a pamphlet with all pertinent information upon registration.

T-SHIRT SIZE (CIRCLE ONE): YOUTH/ADULT

 S M L XL XXL

How did you find out about us? Please check one.

 E-Mail Mailing L.I. Wrestling Website Webpage Word of mouth