



TOM RYAN

2x Big Ten Champ / 2x NCAA Division 1 All-American / NCAA National Finalist / 3x National Wrestling Coach of The Year

Coached: 6 National Champions / 34 All-Americans



Islip Wrestling in conjunction with Spartan Wrestling and the Barn Brothers are proud to bring back one of Long Island's greats.

This great opportunity will only be open to the 1st 50 youth wrestlers and the 1st 50 high school wrestlers that register for the camp. **DON'T MISS OUT!**



The camp will be held at Gold's Gym in Islip, a state of the art training facility. Online registration will open Thursday 7/20/17.

Click here to register: form.jotform.us/71985048202154

Youth (1st-5th) \$250 | 9:00am - 11:30am

9:00am - 10:30am

Wrestling Instruction / Situations / Live

10:30am - 10:50am

Games

11:00am - 11:30am

Pool time

High School (6th-12th) \$300 | 11:00am - 2:30pm

11:00am - 1:00pm

Wrestling Instruction / Situations / Live

1:10pm - 1:55pm

Weight lifting instruction / Cross training / Speed training

2:00pm - 2:30pm

Pool time

CAMP WILL TAKE PLACE ON MONDAY AUGUST 14 THROUGH THURSDAY AUGUST 17