

# BARNS BROTHERS WRESTLING TRAINING CAMP

August 3<sup>rd</sup> – 6<sup>th</sup> 2020

Babylon Elementary School

171 Ralph Avenue, Babylon, NY

Time: 9am – 3pm Full 9am – 12noon ½ Day



REGISTER AT [www.babylonwrestling.com](http://www.babylonwrestling.com)

This camp is for wrestlers of all ages and ability levels that are looking to bring their wrestling to the next level. Campers will be put into groups based on their current level of technique, training intensity and mental toughness. This camp will incorporate appropriate technique for all skill levels, strength and conditioning, live wrestling, and games and some of the best clinicians that Long Island and the nation has to offer.

Chris Wade- NYS Champion/JUCO All-American: MMA Fighter

Mike Patrovich- 2x Div. 1 All-American. Hofstra Assistant Coach

Ryan Patrovich- 2x NYS Champion/Div 1 Qualifier: ESM Coach

Jamie Franco- 3x NCAA Qualifier, Assistant Hofstra coach

Bryan LoPalo & Thomas Bosch- Youth Developmental Coach



½ Day Camp \$125.00 if register prior to 7/1 \$150.00 after 7/1

Full Day Camp \$200.00 if register prior to 7/1 \$250.00 after 7/1

Contact: Dan McHugh

516-527-4045

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## CAMP SCHEDULE

### **½ DAY CAMP SCHEDULE (Fundamental)**

9-9:30	Warm up/Stretch/Review
10-10:30	Instruction/Technique/Drills
10:30-10:45	Snack
10:45-11:15	Game
11:15-12:00	Live Wrestling Practice

### **FULL DAY CAMP SCHEDULE (Tentative Training Camp)**

9-9:30	Training
9:30-10:00	Warm Up/Execution Drills
10:00-11:00	Technique/Instruction
11:00-12:00	Lunch
12:00-1:00	Technique/Instruction
1:00-1:30	Camp Competition
1:30-2:30	Live Wrestling Practice
2:30-3:00	Camp Talk

