

ONTARIO SKILLS & DRILLS WRESTLING CAMP

Learning to achieve...

From Canada's best!

GUEST CLINICIANS

Marty Calder

5 x CIAU Champion
4 x First Team All-Canadian
2 x Olympian (1992, 1996)
7 x Sr. National Champion
3 x Olympic Trials Champ

Brock University

Head Coach

8 x CIS Coach of the Year

Saeed Azarbayjani

8 x Sr. National Champion
Pan American Champion
10 x National Team Member
2008 Olympian
Western University Coach

With many more clinicians, experts and coaches on site and working with you!

**Monday, Aug. 9th
to
Friday, Aug. 13th, 2010
Mississauga, Ontario**

**Ages: 12 to 18 Years
Designed for all experience levels:
Novice to National Medalists**

**ONLY 50 SPACES AVAILABLE!
REGISTER EARLY TO SECURE A SPOT**

ontarioskillsanddrills.eventbrite.com

STAFF

Eddie Falcioni (Director)

24 Yrs Coaching Experience, 2 OFSAA Championships

Greg Cappuccitti (Director)

- 9 Yrs Coaching Experience, 6 National Championships

Chris Camarata (Coach) - Junior National Champion

ITINERARY

Monday, August 9th

9:00-9:45: Registration
10:00-10:30 Warm-up Activities
10:30 – 12:00 Skills & Drills on mat Session
12:00 – 12:45 Lunch
12:45 – 1:30 Off-Mat Session (Nutrition)
1:30 – 2:30 Skills & Drills on mat Session
2:30-3:00 Situational Drills/Scrimmage
3:30 Warm-Down/Games

Tuesday, August 10th

10:00-10:30 Warm-up Activities
10:30 – 12:00 Skills & Drills on mat Session
12:00 – 12:45 Lunch
12:45 – 1:45 Off-Mat (Strength & Conditioning Training)
1:45 – 2:30 Skills & Drills on mat Session
2:30-3:00 Situational Drills/Scrimmage
3:30 Warm-Down/Games

Wednesday, August 11th

10:00-10:30 Warm-up Activities
10:30 – 12:00 Skills & Drills on mat Session
12:00 – 12:45 Lunch
12:45 – 1:45 Off-Mat (Video Analysis)
1:45 – 2:30 Skills & Drills on mat Session
2:30-3:00 Situational Drills/Scrimmage
3:30 Warm-Down/Games

Thursday, August 12th

Full Day Excursion (Transportation included)
Morning: Hiking
12:00 – 12:45 Lunch
Afternoon: Beach Wrestling / Swimming

Friday, August 13th

10:00-10:30 Warm-up Activities
10:30 – 12:00 Technical Session
12:00 – 12:45 Lunch
12:45 – 1:30 Off-Mat Session (Mental Preparation)
1:30 – 3:00 Mini-Tournament
3:00 – 3:30 Final Awards

REGISTRATION INFORMATION

Camp Fee: \$200 / Athlete

Fee includes:

- Lunch
- Camp T-shirt
- Excursion transportation

*This is a commuter camp—athletes are responsible for their own transportation to and from the training facility.

****Athletes must be OAWA members to participate
Contact a director to make alternate arrangements if
from out of province**

Please Register and make payment online at:

ontarioskillsanddrills.eventbrite.com

If you have any questions please

contact a camp director at:

SkillsandDrills@hotmail.com

Or

(647) 393-6904

LOCATION

Kombat Arts Training Academy
1110 Kamato Road, Unit 7
Mississauga, ON L4W 2P3
(Dixie Road & Hwy 401)

