

Other outstanding local coaches may assist in the camp to ensure personal contact and quality instruction. All boys will be matched according to size and experience.

SESSIONS: July 10 - 13 Virginia Camp

TIME: 10am - 3pm

REGISTRATION: To ensure your place **enroll now**, by mailing the attached form and \$150 deposit to:

**Kelly Ward
P.O. Box 48,
Davidsonville, MD 21035.**

**QUESTIONS, CALL: 410.903.1158 or email
kward1158@aol.com**

CHECK-IN: 9:30am on Tuesday, July 10th at the Paul VI Gym, back of school.

COST: \$295, entire session.
\$280 if paid in full by 6/08/12.

www.kellywardcamp.com

INSTRUCTIONS TO INCLUDE

- ★ Takedowns
- ★ Pinning
- ★ Escapes, Reversals, Riding
- ★ Leg Riding
- ★ Granby Roll Series
- ★ Nutrition for Wrestling
- ★ Psychological Aspects of Wrestling
- ★ Conditioning for Wrestling
- ★ Greco-Roman Techniques
- ★ Freestyle Techniques

RECREATIONAL ACTIVITIES

(during break periods)

- ★ Video viewing of top college meets
- ★ Group games designed for wrestling conditioning
- ★ Free wrestling

TRANSPORTATION

(metro train @ Vienna, VA)

The camp will provide a shuttle service from the Metro Station (orange line) at Vienna. A \$30 charge (for the week) will be added for the shuttle. A clinic bus will be at the Metro Station from 9am to 9:30am each morning. At 3pm, at the end of the clinic each day, a shuttle will return to the Metro Station. The shuttle will be subject to a sufficient number of persons signing up, in addition, a limited number will be allotted.

All persons requesting transportation will be called the week before camp.

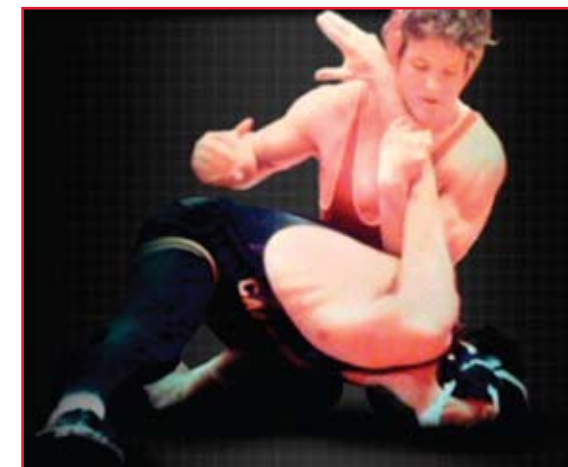
Vienna Metro Station / Orange Line
Metro Customer service 202.637.1328

www.wmata.com

THE CLINIC WILL PROVIDE

- ★ Camp T-Shirt
 - ★ Drinks available to purchase
- Campers should bring a bag lunch
& Wrestling Gear*

NORTHERN VIRGINIA CHAMPIONSHIP 2012 SUMMER WRESTLING CAMP



HOSTED BY
KELLY WARD

DIRECTOR/ NCAA CHAMPION

&

PAUL VI CATHOLIC HIGH SCHOOL

10675 FAIRFAX BOULEVARD
FAIRFAX, VIRGINIA 22030

featuring

RANDY LEWIS

OLYMPIC GOLD MEDAL CHAMPION
2X NCAA CHAMPION, UNIV. OF IOWA

STEVE GARLAND

HEAD COACH, UNIVERSITY OF VIRGINIA

MARK CODY

HEAD COACH, UNIVERSITY OF OKLAHOMA

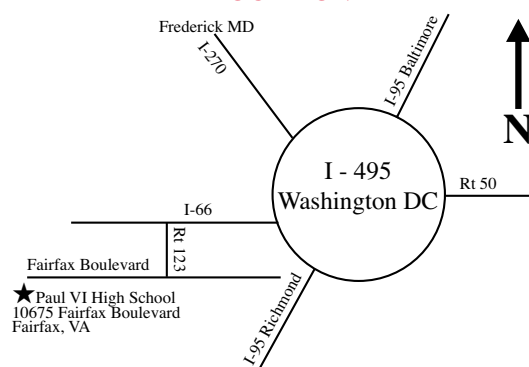
- COACHES WELCOME -

VIRGINIA SESSION: JULY 10 - 13
ENROLL TODAY...LIMITED ENROLLMENT

www.kellywardcamp.com

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LOCATION



DIRECTIONS - PAUL VI HIGH SCHOOL

From I-66, exit #60 south, on to Rt 123 (Chain Bridge Rd), turn right (west) onto Fairfax Boulevard (Rt 29/50), Paul VI High School on the left 1/4 mile.

www.kellywardcamp.com

Kelly Ward/Wrestling Camp

P.O. Box 48

Davidsonville, MD 21035

www.kellywardcamp.com

(feel free to duplicate)

STAFF ACHIEVEMENTS



RANDY LEWIS

- ★ Olympic Gold Medal Champion
- ★ 2x NCAA Champion, University of Iowa

STEVE GARLAND

- ★ Head Coach, University of Virginia
- ★ NCAA Silver Medalist
- ★ ACC Champion, UVA

MARK CODY

- ★ Head Coach, University of Oklahoma
- ★ Former Head Coach, American University
- ★ Former Assistant Coach, NCAA Champions, Oklahoma State University
- ★ 2x NCAA All-American, U. of Missouri

AL FREEMAN

- ★ NCAA Silver Medalist
- ★ 2x NCAA All-American
- ★ Big 8 Champion
- ★ Midlands Champion, O.W.
- ★ Iowa State H.S. Champion

MIKE CANNON

- ★ 3x NCAA All-American
- ★ 3x EIWA Champion
- ★ Midlands Champion
- ★ 2x Captain American Univ Wrestling Team
- ★ Maryland State High School Champion
- ★ Former Kelly Ward Camper

- ★ Former Wrestling Coach, University of Nebraska, & Iowa State University.
- ★ Coached Olympians and NCAA Champions
- ★ NCAA Champion
- ★ NCAA Silver Medalist 2x
- ★ Big 8 Champion 2x
- ★ Outstanding Wrestler Big 8, 1979
- ★ All-American 3x
- ★ NCAA Record 126-10-2
- ★ Member of NCAA Championship Team 1977
- ★ Undefeated in International Competition
- ★ National Prep Champion
- ★ State High School Champion 3x
- ★ Undefeated High School Record 90-0-0
- ★ Member, National Wrestling Hall of Fame



DIRECTOR

Kelly Ward

"I have always believed to be an outstanding wrestler, one must be well versed in all phases of the sport. This will be that sort of clinic. I will cover all areas from the fireman's carry takedowns, through the entire leg riding and pinning series, to perfecting the granby roll series. I will cover any and every phase of wrestling desired by my campers. I feel that any wrestler who attends my clinic will improve his skills, and will be that much closer to being a state champion."

email: kward1158@aol.com

CLINICIANS

All will assist Coach Ward.
All are veterans of many clinics across the USA and all are in heavy demand.
These men have had very successful careers in major NCAA and international competitions.
All are tremendous teachers of wrestlers.
Clinicians are subject to change.

COACHES WELCOME!

Any coach with two or more athletes attending from his school may also attend for **FREE!**

www.kellywardcamp.com

Accepting:

VISA, MC, AMEX, & Discover

(Feel Free to Duplicate)

(Feel Free to Duplicate)

CUT AND RETURN

Limited Enrollment - Enroll Today

Campers Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Tel: H () _____ W () _____ C () _____
Email: _____ Team: _____
Medical Insurance Provider: _____ Policy # _____
Date of Birth _____ Age _____ HT _____ WT _____
No. of years wrestling experience _____
Credit Card Amount Charged \$ _____
Name on Card _____
Exp. Date _____
VISA MC AMEX Discover

Tuition: \$295 entire session. \$280 if paid in full by 6/08/12.
Include \$150 with application, if not paying in full. Deposit non-refundable. Add \$30 to deposit if you have indicated you will use the bus service from the Vienna Metro. **All fees must be paid in full by the first day of camp.** A camp bus will leave sharply at 9:30 am from the Metro Station every day of the clinic.
Indicate I want transportation to and from the Metro Station
Make check Payable to & Mail To:
Kelly Ward • P.O. Box 48 • Davidsonville, MD 21035
Official Clinic Use Only
1. Deposit \$ _____ Date _____
2. Balance \$ _____ Date _____

My boy's / girl's health will meet medical standards. I understand that neither Paul V.H.S., Kelly Ward, nor the coaches or counselors can assume responsibility for accidents, medical or dental, resulting from sports training during his stay on campus or during travel. (We being the legal guardians of the above applicant authorize Kelly Ward Camp and its agents permission to request medical treatment as necessary to insure the well being of our dependent. I am aware of the inherent danger & risk involved in Wrestling Camp including but not limited to: injury to eyes, nose, head, neck, back, fractures, breaks, dislocations, lacerations, concussions, skin disease, or death. I also understand my Accident or Medical Insurance will be utilized in the event of injury. I agree that I am financially responsible for any & all medical expenses associated with my child's participation in this program. **All Sessions:** 10am - 3pm. All children under 7 years old must be accompanied by an adult at all times.

Parents Signature: _____

Date: _____