



WRESTLING CLUB 20-1636348
300 W. Crawford St. Mebane, North Carolina 27302
Phone: (919) 357-6976
www.hurricaneswrestling.net

2009 Hurricanes Wrestling Club Camp #1 & #2

Clinician(s):

- Troy Williamson, Head Coach of Hurricanes Wrestling Club
- Randy DeAngelo, Head Coach of Southern Alamance High School
- Hurricanes Assistant Coaching Staff

Date(s): Friday, Saturday, & Sunday 7/24/09 – 7/26/09 or 8/14/09 – 8/16/09

Location: Hurricanes Wrestling Club, 300 W. Crawford St, Mebane, NC 27302

Time: Friday Check-in: 7/24/09 & 8/14/09 from 6:00 pm -6:30 pm

Registration On-line: www.hurricaneswrestling.net Go to Online-registration complete & in “Comments” state “HWC Camp #1 or #2” or email / call us

HURRICANES COST: \$40 / kid per weekend or \$60 / kid for both

Please make checks out to “Hurricanes Wrestling Club”. No drinks and / or meals provided. Wrestlers need to provide their own drinks and meals.

Availability: These camps are limited to 40 wrestlers for each weekend. Must be 7 yrs or older.

2009 HWC Camp #1 & #2 Schedule:

DAY 1 – Friday

Registration: 6:00 pm – 6:30 pm (waiver forms required)

Session I: 6:30 pm – 8:30 pm

DAY 2 - Saturday

Session I: 10:00 am – 12:00 pm

Break

Session II: 1:00 pm – 3:00 pm

Break

Session III: 5:00 pm – 7:00 pm

DAY 3 - Sunday

Session I: 8:00 am – 10:00 am

Camp Complete

Notes:

There will be 1 break per session and wrestlers will be forced to drill. Each wrestler may need a clean set of workout clothes for each session to prevent skin diseases. Showers are available on-site. You must have a waiver form completed and signed for participation. Only HWC coaches are permitted to give instructions during the sessions.