

4 - Days 2 - Sessions / Day

Session I (9-11:30am):

Ages: 6-14 (1-3 years experience is recommended but open to any and all wrestlers) - This session is based around basic technique directed toward beginning youth wrestlers.

Session II (1-3:30pm):

Ages: 12-18 (3+ years experience is recommended or high school but open to any and all wrestlers) - This session will still contain basic technique but will move at a quicker pace.

General Info:

- * Technique by technicians
- * Video clips

Cost:

Pre-registration—\$130

At-the-door—\$160

Costs include 4 days of camp, including one session a day, with some of the best Northeast Ohio athletes ever assembled. Also included in the cost is a Northeast Ohio Championship Wrestling Camp t-shirt.

Special rates upon request for teams.



Northeast Ohio Championship Wrestling Camp

Send Payable Checks to: Chris Vondruska
29318 Osborn Road
Bay Village, OH 44140

Phone: 440-865-1608
E-mail: NortheastOhioCWC@hotmail.com



Northeast Ohio Championship Wrestling Camp

Hosted by:
Chris Vondruska



Date: July 5th-8th

Ages 6-14: 9-11:30am
Ages 12-18: 1-3:30pm

Location:

Lutheran West High School
3850 Linden Road
Rocky River, Ohio 44116

Tentative Camp Counselors



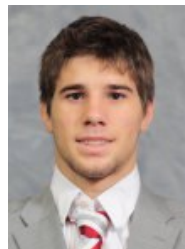
Chris Vondruska

- * St. Edward Graduate
- * Two-time Ohio state Runner-up
- * Two-time NCAA Qualifier
- * Two-time Academic All-American
- * Hofstra University Graduate
- * Ohio State University Graduate



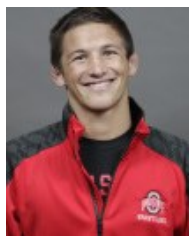
Bo Jordan

- * St. Paris Graham graduate
- * Four-time Ohio state Champion
- * 2015 Academic All-American
- * 2015 NCAA All-American



Hunter Stieber

- * Monroeville Graduate
- * Four-time Ohio state Champion
- * National Cadet Freestyle Champ
- * 2012 NCAA All-American
- * 2013 NCAA All-American
- * 2015 NCAA Qualifier



Johnni DiJulius

- * Aurora Graduate
- * Three-time Ohio state Champion
- * 2012 NCAA Qualifier
- * 2014 NCAA Qualifier
- * 2015 NCAA Qualifier



Micah Jordan

- * St. Paris Graham graduate
- * Four-time Ohio state Champion
- * 2015 Ohio State University starter

General Information

Sessions By Day

CHECK-IN BEGINS 30 MINUTES PRIOR TO EACH SESSION.

Day 1: Features offensive techniques from the neutral position including basic moves (single, double, high crotch) and advanced techniques (cross ankle picks and inside trips).

Day 2: Features additional techniques from the neutral position as well as a set of defensive arsenals from the standing position.

Day 3: Features offensive moves from the top position including cradles, power halves, tilts, and leg turks.

Day 4: Features techniques from bottom including solid escapes, leg defense, and sit-outs used at the collegiate level.

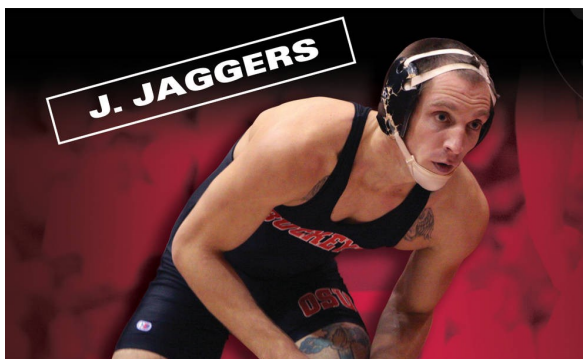
Directions:

From Northeast: I-90 West, Hilliard Exit(#162), straight on Hilliard, Left on Northview Rd, a quick left then right on Linden Rd, School on right-hand-side.

From Northwest: I-90 East, Detroit Exit(#161), Left on Detroit Rd, Right on Wagar Rd, Left on Center Ridge Rd, Right on Linden Rd, School on right-hand-side.

From Southeast: I-480 West, Clague Rd Exit(#7), Right on Clague Rd, Right on Lorain Rd, Left on W 210th St, Right on Center Ridge Rd, Right on Linden Rd, School on right-hand-side.

From Southwest: I-480 East, North Olmsted Exit(#6), Left on SR-252, Right on Lorain Rd, Left on W 210th St, Right on Center Ridge Rd, Right on Linden Rd, School on right-hand-side.



J Jaggers 2-time NCAA Champion featured clinician

Registration Form

(use fine point marker to write on this paper)

Name _____

Address _____

Phone _____

E-mail Address _____

Age _____ School / Club _____

Weight _____

Session

I: Ages 6-14 (9-11:30am)
(1-3 years experience is recommended)

II: Ages 12-19 (1-3:30pm)
(3+ years experience is recommended or HS)

T-Shirt Size

- Small
 Medium
 Large
 X-Large
 Other: _____

Registration Type

- Pre-Registration \$130
 At-The-Door \$160

Method of Payment

- Check
 Cash

In consideration of your acceptance of my entry, I agree to be legally bound for myself, my heirs, executors and administrators, waive and release Lutheran West High School, representatives, committee members from any and all claims of right to damages for injuries suffered by me directly or indirectly traveling to and from or competing in the Northeast Ohio Championship Wrestling Camp.

Parental Signature _____ Date _____

Note: Upon arrival of the first day at camp an emergency medical form will be supplied and will need to be filled out completely.

Northeast Ohio Championship Wrestling Camp

Cash is appreciated, but make all checks payable to: **Northeast Ohio**

Championship Wrestling

Send Check or Cash to: Chris Vondruska
29318 Osborn Road
Bay Village, OH 44140

Phone: 440-865-1608

E-mail: NortheastOhioCWC@hotmail.com

Contact Chris Vondruska:
440-865-1608

CODE: DJ

ADDITIONAL CLINICIANS AND CAMP COUNSELORS TO BE ANNOUNCED