

Metuchen Grapplers 2017 Summer Wrestling Camp



Keep your skills on the mat sharp this summer and join us for two separate weeks of wrestling with top Coach Joe Keagle. Joe is currently the Head Coach for MHS Wrestling, a 4 year TCNJ Wrestler, Former Assistant Coach for Long Branch HS ranked #1 in the state, and Triumph Wrestling Coach. He will be joined by former Grappler Coach John Nye. We will be working on drills, conditioning, technique, and of course there will be live wrestling! This is the perfect time for your child to get that one on one time to help him be mat ready for this season! Topics discussed will include nutrition, sportsmanship, and mental toughness. Coaches may show wrestlers NCAA and Olympic Wrestling Highlight Videos. Wrestlers will be paired according to skill level for live wrestling. All skill levels ages 7 and older or entering Grade 2 this fall are welcome! There will be a lunch break daily so please send your camper food and plenty of water.

Week 1 July 11-14, 2017 --AND-- Week 2 August 14-18, 2017

Time: 9:00am to 2:00pm

Where: Metuchen High School Wrestling Room

Cost Week 1: \$60.00 for Grapplers, \$120.00 for Non-Grapplers

Cost Week 2: \$75.00 for Grapplers, \$150.00 for Non-Grapplers

Cost for both weeks (*must register in advance*): \$125 for Grapplers,
260.00 for Non-Grapplers

Online Registration will be available at **METUCHENGRAPPLERS.COM**

Campers Name _____

Parents Name _____

Address _____

Town _____

State and Zipcode _____

Age & grade in Fall 2017 _____

of years wrestling/experience _____

Allergies _____

Health Concerns _____

Phone Number _____

Email Address _____

July 11-14

August 14-18

Total Enclosed _____

**Mail Form and Payments to:
Metuchen Grapplers
55 Oak Ave,
Metuchen, NJ 08840**