



REGISTER HERE

SUMMER 2024

MONDAY-THURSDAY
JUNE 24-27
9:00AM-12PM

MIDDLESEX JR. WRESTLING CAMP

STAFF- The camp staff will consist of members of the MHS High School wrestling coaching staff, alumni, and current wrestling team.



Middlesex HS Wrestling Room
(SUBJECT TO CHANGE)

300 John F. Kennedy Dr., Middlesex NJ 08846

REGISTRATION PROCESS:

- \$150 (INCLUDES CAMP T-SHIRT)
- FAMILY DISCOUNT (\$90 FOR EACH SIBLING)
- PLEASE REGISTER BY JUNE 15 (IF POSSIBLE)

**ANY QUESTIONS, PLEASE CONTACT
COACH BOYD:**

rboyd2323yahoo.com or (908) 229-1545

CAMP PHILOSOPHY

This camp is designed for wrestlers regardless of age or experience level (Grades 3-8 are preferred, but exceptions will be made to youth wrestlers with 1-2 years of experience). Campers will be taught wrestling skills/drills in all three positions (neutral, top, bottom), that are directly from the Middlesex Wrestling system. Our goal is to build on basic middle, high school, and college-level technique, develop fundamental skills, and gain live wrestling experience/matches.

The live wrestling portions of each session will also include competitions and matches to give our staff a better opportunity to examine and evaluate each individual's performance in a competitive situation. We will also have the opportunity for fun and games as our goal is to provide a safe and fun learning environment in order to provide the best experience for our campers.