

Lowcountry Wrestling Academy

114 Ashland Drive
Summerville, S.C. 29483

Phone: 843.343.3555

Email: thelwa@yahoo.com

Website: www.lwatrained.com

LWA wrestling camp registration link:
https://events.membersolutions.com/event_detail.asp?content_id=39458

WAIVER STATEMENTS

All participants in LWA's Wrestling Camps must have their own medical coverage. Campers will not be allowed to participate in camp activities unless the following information is submitted and the form is signed by the parent and/or guardian of the camper.

Camper Name: _____

Campers Insurance Company: _____

Company Address/Phone: _____

Policy/ ID #: _____

I/We, the undersigned, hereby certify that I am/we are the parents or legal guardians of the camper. I hereby grant permission to LWA camp staffers to seek and allow appropriate medical attention to be administered to my camper in the event of an injury, accident or illness. I am responsible for all expenses pertaining to medical attention and treatment, except for any expenses that might be covered by NUWAY medical coverage policy.

Signature _____

Date _____

Signature _____

Date _____

This certifies that the camper named above is physically qualified to attend LWA Wrestling Camps.

2013 Lowcountry Wrestling Academy Camps

Select a camp:

☐

LWA CAMP PACKAGE

All 4 LWA Camps

Cost: \$400 **Save \$120!!**

☐

Crab & Leg Riding Camp

June 10th & 11th

Three session per day.

Cost: \$75

☐

Gladiators Intensive Camp

June 27th - 30th

FOUR sessions per day.

Cost: \$175

☐

Bubba Jenkins NCAA Camp

July 12th - 14th

Three sessions per day.

Cost: \$195

☐

Takedown & Turns Camp

August 5th & 6th

Three sessions per day.

Cost: \$75

Online registration link:

https://events.membersolutions.com/event_detail.asp?content_id=39458

Current School or Club: _____

Grade: _____ Age: _____ Weight: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

Emergency Contact: _____

Emergency Phone: _____



Lowcountry Wrestling Academy

2013 Summer Camps and Clinics

“Preparation for Domination”





LWA CAMP PHILOSOPHY

The Lowcountry Wrestling Academy wrestling staff is dedicated to assisting youth wrestlers in their quest to improve their wrestling knowledge and skill. The camps will focus on the fundamentals of wrestling from all positions with a primary focus on technique, mat strategy, mental awareness, work ethic, and life skills. Question and answer opportunities with counselors will be available for campers in order to assist in their development. We will have an excellent camper-to-staff ratio to help provide the individual attention needed to improve wrestling skills. Choose from our technique focus camps, intensive camp, or our NCAA Technique Camp featuring NCAA national champ Bubba Jenkins. All camps will also feature the LWA coaching staff who led our club team to its 2nd state championship in a row, during the 2012-13 season.



2013 LWA SUMMER CAMPS AND CLINICS

Crab & Leg Riding Camp

Featured Clinician: Bryant Blanton

June 10th & 11th, 9am-3pm Daily

Cost: \$75

This camp will breakdown the Crab and Leg Riding series and put the wrestlers in position to dominate their opponent and score points from the top position. The techniques covered have been proven successful at all levels. Come learn the techniques that helped make Bryant Blanton an NCAA Champion.

Gladiators Intensive Camp

Featured Clinician: Andrew Young

When: June 27th-30th, 7:30am-5pm Daily

Cost: \$175

This is our most challenging camp. This camp will consist of intense drilling, live wrestling, and strength and conditioning. Personalized instruction on proper dieting techniques, match preparation, and off season weight training/workout routines.

Bubba Jenkins NCAA Camp

Featured Clinician: Bubba Jenkins

When: July 12th -14th, 9am-3pm Daily

Cost: \$195

This camp will feature 2X NCAA Finalist and 2011 NCAA National Champion Bubba Jenkins. Bubba Jenkins will share the techniques and training approaches that made him an NCAA Champion. This camp will fill fast so make sure to reserve your spot early!

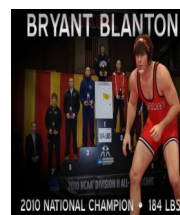
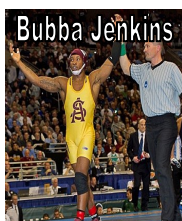
Takedown and Turn Camp

Featured Clinician: Kelly Revells

When: August 5th & 6th, 9am-3pm Daily

Cost: \$75

This camp will cover the neutral position and pinning combinations to include set ups, finishes, and counters. Coach Revells will cover the Newberry Takedown system and techniques that his team used to compete at the 2013 NCAA D2 Championships.



DIRECTIONS

Traveling West on Interstate 26 (from Charleston): Exit the Interstate at exit 199B onto US 17-A/N. Main Street toward Moncks Corner. Go 1.8 miles and turn right on Royle Road. Take first right on to Ashland Drive. LWA is on the right.

Traveling East on Interstate 26 (from Columbia): Exit the Interstate at exit 199B onto US 17-A/N. Main Street toward Moncks Corner. Go 1.8 miles and turn right on Royle Road. Take first right on to Ashland Drive. LWA is on the right.

WHAT TO BRING?

- Three sets of workout clothes per day
- Wrestling shoes and headgear
- Running shoes
- Spending money (i.e. lunch, snacks, drinks, apparel)

LWA Wrestling Camp Itinerary

7:00-7:15 am	Intensive Commuter Drop-off
7:30-8:45 am	Intensive Campers Workout
9:00-10:30 am	Wrestling Session I
10:40-12:30 pm	Wrestling Session II
12:30-1:30 pm	Lunch
1:30-3:00 pm	Wrestling Session III
3:00-3:30pm	Commuter Pick Up
3:10-4:45 pm	Intensive Campers Session IV
4:45-5:15pm	Intensive Commuter Pick Up

Each camper will receive a free LWA camp T shirt.

Camp Director: David Maningding
Head Coach: Skip Parker
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Email: thelwa@yahoo.com
Website: www.lwatrained.com

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