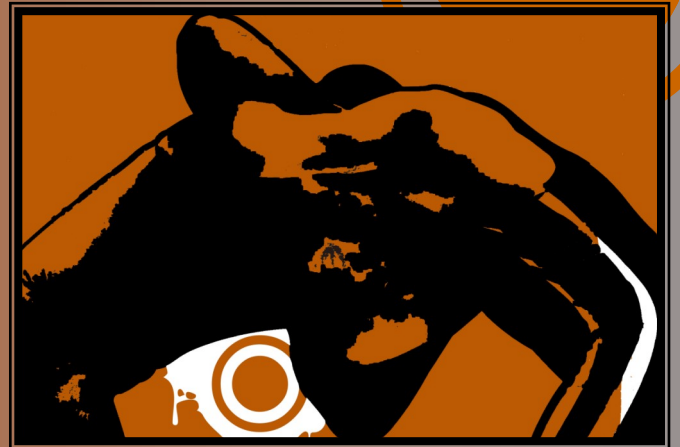


Relentless Attack Relentless Attack Relentless Attack

RELENTLESS ATTACK WRESTLING CAMPS

JULY 28-30th 2015



JON DAVIS
WRESTLING CENTER

6168 Center Grove Road
Edwardsville, IL



I am Pat McNamara and I have been involved with the sport of wrestling for the past 32 years. Having worked with all levels of wrestlers from the college ranks through the kids club level, I believe my experience has helped me understand how to successfully develop wrestlers. Because of my experience in not only attending camps as a competitor, but also as a coach and instructor, I understand how to create a highly successful learning environment.

Relentless Attack Wrestling Camp is designed to teach a high level system that will allow a wrestler to beat the best competition. Our goal is to focus on teaching a relentless style of attack in a structured environment with wrestlers getting the necessary quality repetitions to successfully master the techniques over a three day period.

Pat McNamara

Head Coach Edwardsville Wrestling Club
 Assistant Wrestling Coach:
 Central Michigan, Virginia, Missouri
 Head Coach: SIUE, Edwardsville, IL
 M.S. Athletic Administration, Central Michigan University
 B.S. Kinesiology, Michigan State
 3 X NCAA All-American

SCHEDULE (6 - 10 Years old)

9:00 a.m. - 10:00 a.m.Technique Session
 10:00 a.m. - 11:00 a.m.Strength Training*/Live Wrestling
 11:00 a.m. - 12:00 p.m.Technique Session
 12:00 p.m. - 1:00 p.m.Parent Pick Up

*6-10 Year old wrestlers will not be lifting weights but we will work on other conditioning exercise with them.

COST (Half Day Camp \$60)

SCHEDULE..... (11 - 18 Years old)

9:00 a.m.- 10:00 a.m.Technique Session
 10:00 a.m. - 11:00 a.m.Strength Training
 11:00 a.m. - 12:00 p.m.Technique Session
 12:00 p.m. - 1:00 p.m.Lunch (food will be available for purchase)
 1:00 p.m. - 2:00 p.m.Technique Session
 2:00 p.m. - 3:00 p.m.Clinician Talk/Film Breakdown
 3:00 p.m. - 4:00 p.m.Technique and Live Wrestling
 4:00 p.m. - 5:00 p.m.Parent Pick Up

COST (Full Day Camp \$85)



I am extremely excited about this year's camp staff. We have brought in the best clinicians from three of the best wrestling universities in the country.

Pat McNamara



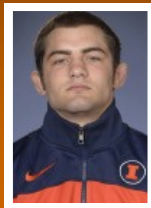
These Clinicians have a great mix of techniques and styles that will help our wrestlers learn and develop their wrestling abilities. These Clinicians were selected not only for their wrestling skills, but also because they are great role models.



DARYL THOMAS
Assistant Coach– Northern Illinois University
NCAA QUALIFIER



JON MORRISON
Assistant Coach– Oklahoma State University
NCAA All-American



ZANE RICHARDS
Current Wrestler– University of Illinois
2X NCAA Qualifier



The Relentless Attack Camps will take place in one of the top wrestling facilities in the country - the Jon Davis Wrestling Center located in Edwardsville, IL. This facility has over 26,000 sq. ft. of space designed specifically for the sport of wrestling. During the camp we will fully utilize all areas within the facility:

- The Strength and Conditioning Area will be used to teach wrestlers how to build strength specifically for wrestling;
- High Tech Auditorium will be used to breakdown film and to hear a variety of speakers throughout the camp;
- State of the art Wrestling Arena will be used for technique training. The Wrestling Arena holds 5 full size mats. The Wrestling Arena is designed to be divided into sections to create 3 separate small group training environments.
- All Campers will have access to locker room and shower facilities.



Registration Mailing Address:

Pat McNamara
6168 Center Grove Road
Edwardsville, IL 62025

Phone: 618-204-2415 www.edwardsvillewrestling.com

REGISTRATION FORM

Name _____
Age _____ Grade _____
Address _____

City _____
State _____ Zip _____
Phone _____
Emergency Contact _____
Contact Phone Number _____
Email _____

Insurance: Parent or Guardian is responsible for accident insurance. The undersigned Parent or Guardian of (camper's name)

the applicant for and in consideration of Relentless Attack Wrestling Camp, said applicant hereby agrees to save and indemnify, and keep harmless the said Relentless Attack Wrestling Camp, its agents, and sponsors, against any and all liability claims, judgments or demands arising as a result of injuries by the applicant traveling to and from Relentless Attack Wrestling Camp's site and during the stay at the facility and on Edwardsville Community Unit School District 7 grounds, or while wrestling or taking instruction in wrestling.

Signature (Parent or Guardian)

Date

COST: (11 - 18 yr. old wrestlers = \$85 per Camp)
(6 - 10 yr. old wrestlers = \$60 per Camp)

Payment options: Cash, Check or Cashier's Check
Make checks payable to: Relentless Attack Wrestling Camps