

Bulldog Wrestling Club Summer Camp 2017



Who: Wrestlers - Age 6-13

Dates: July 10th – 14th

Time: 9am-4:00pm

Location: Winston Churchill High School
(11300 Gainsborough Rd, Potomac MD 20854)

Cost: \$285 (Checks Payable to: Bulldog Wrestling Club)

Camp Coaches: Tony Howard- *2x All American / 3x MD State Champ*

Tim Lowe- *D1 Wrestler @ GMU / 2x MD State Champ*

(As well as five confirmed Guest Clinicians)

Summer is the time for wrestlers to improve their skills, technique and knowledge of the sport. Instruction will include: Takedowns, Pinning, Escapes, Reversals, Riding and Defense from selected positions and situations.

In addition to quality wrestling instruction, campers will be able to participate in an array of other activities. Including: Tug- a- War Games, Shaving Cream Battle, Swimming Pool Field Trip, Frisbee Golf, Water Balloon Fights and more!



Questions contact Tim Lowe or Tony Howard by email @
coachtimlowe@gmail.com or rhow29@gmail.com