

Team Wrestling Camp

June 13-16
Little Bear Arena
St. Ignace, Michigan

Format: This is a 3 night/4 day overnight camp with premium coaching, training, and the best high school competition the state of Michigan has to offer. The camp is designed to offer superb technique sessions, intense practice sessions, tough competition, and great team bonding opportunities for coaches and wrestlers. 2009 State Champions Lowell High School will be attending the camp.

- Note: Individual wrestlers will be randomly paired with a team to compete with throughout the length of the camp
- Note: Maximum of 9 Teams

Clinicians: **R.J. Boudro**, current assistant coach at Lowell High School; NCAA Div. 1 Academic All-American; 2X NCAA Qualifier; Former Captain of Michigan State. **Clark Forward**, 4 year starter at the University of Michigan; 3X Ohio State Champion; 1st Team Asics All-American. **Dave Dean**, Current Head Coach at Lowell High School; NCAA Finalist; Big Ten Champion; Olympic Alternate. **Dustin Cichocki**, Current Assistant Coach at Lowell High School; NCAA Div. III All American. Other coaches and clinicians will be there to provide more one-on-one technique situations.

Cost: **\$175.00/wrestler.** Price Includes 3 nights lodging, 4 days of great training and competition, 7 meals, and a camp T-shirt. *Head Coach will receive \$5 for every wrestler they bring.*

- Note: For dinner, eat great food for “camp discount prices” at local restaurants. This is a great opportunity to connect with your team!

Deadline: **Team Deposit of \$500.00 due by May 15, 2010.** (Wrestlers attending on their own must have a \$75.00 deposit in by the same date.)

Coaches Perks:

- Free lodging
- Free Passes to Mackinac Island
- Discount at local restaurants and bars
 - Coaches social will take place every evening
- Casino packages for all coaches!! - very close to arena
- Great team bonding opportunities

*For more information, Contact R.J. Boudro:
Boudro Wrestling • 369 Flat River Drive • Lowell, MI 49331 • Phone: 586-855-2073 •
Email: rjboudro@lowellschools.com*

Tentative Practice Schedule

Day 1

1:00	Check-In
3:00 – 5:00	Session – Technique
5:00 – 6:30	Dinner (On your own) (Discount at local restaurants!)
7:00 – 9:00	Practice

Day 2

8:00 – 9:00	Breakfast (Served)
9:30 – 11:30	Session – Technique
12:00 – 1:00	Lunch (Served)
1:30 – 4:00	Practice
5:00 – 6:00	Dinner (On your own) (Discount at local restaurants!)
6:30 – 7:30	Lift/Conditioning

Day 3

8:00 – 9:00	Breakfast (Served)
9:30 – 11:30	Session – Technique
12:00 – 1:00	Lunch (Served)
1:30 – 4:00	Practice
4:00 – Night	Team Bonding (i.e. go to the island or Mackinaw City)

Day 4

8:00 – 9:00	Breakfast (Served)
10:00	Tournament

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