



## 31st Annual Maryland Future Champions Wrestling Clinic

McDonogh School | Owings Mills, MD

June 24-28, 2024

**Online Registration** - <https://www.mcdonogh.org/community/parents/summer-camps/registration>

### MD Future Champions Wrestling clinic

Ages 7-18

Cost - \$440 Lunch is included

All wrestlers will be grouped by age, weight, and skill level. Each group will learn new techniques taught by top college and high school coaches and wrestlers. Time will also be devoted to review, drilling, and live wrestling. Along with teaching great wrestling moves, each technique session will include free drilling time to give wrestlers a chance to practice new moves, and a competitive group activity to develop a sense of camaraderie and teamwork among campers. Wrestlers are encouraged to bring a pad and pen to write down any new moves learned.

### MD Future Champions Wrestling Girls Clinic

Ages 7-18

Cost - \$440 Lunch included

Girls wrestling is growing at a rapid pace across the country. This camp will be run in conjunction with the Maryland Future Champions Wrestling Clinic for Boys. Girls will train with the boys and get the same great instruction from our top coaching staff. It is recommended but not required that girls sign up with a partner of similar size and experience if possible.

### Daily Schedule

|            |   |            |                      |
|------------|---|------------|----------------------|
| 9:00 a.m.  | – | 12:00 p.m. | Wrestling Techniques |
| 12:00 p.m. | – | 1:00 p.m.  | Lunch                |
| 1:00 p.m.  | – | 2:30 p.m.  | Wrestling Techniques |
| 2:30 p.m.  | – | 3:30 p.m.  | Live Wrestling       |
| 3:30 p.m.  | – | 3:45 p.m.  | Departure            |

**Transportation** - Provided on McDonogh's buses for an additional **\$35**. Campers are grouped at community stops. For questions concerning transportation, call 410-581-4791. Transportation is offered on a first-come, first-served basis due to limited seating on each bus.

### Facilities

All wrestling instruction will take place in the 3,500 square foot, air-conditioned Naylor Wrestling Room and in the arena of the school's Rollins-Luetkemeyer Athletic Center.

### Mighty Mites Novice Camp

Ages 5-8 | 10 to 11:30 am

Cost - \$125 Lunch and Transportation not provided

Young wrestlers will learn beginner wrestling techniques and skills, as well as participate in games and activities that will enhance learning and a love for the sport.

For more information contact Coach Pete Welch at [pwelch@mcdonogh.org](mailto:pwelch@mcdonogh.org).