

BLAIR WRESTLING

2022 BLAIR WRESTLING DAY CAMP



CAMP DETAILS

SESSION 1:
6/27/22 - 6/30/22

SESSION 2:
7/11/22 - 7/14/22

TIME:
(9 A.M.-NOON)

LOCATION:
BLAIR ACADEMY,
BLAIRSTOWN, NJ

AGE LEVELS:
ELEMENTARY -
MIDDLE -
HIGH SCHOOL

TUITION:
\$225 PER CAMPER,
PER SESSION

Blair Wrestling Program:

The Blair Academy high school wrestling program has been at the top of high school wrestling for the past decade. Blair has turned out champion wrestlers on all levels of competition. At the high school level, Blair has taken home over 142 individual National Prep titles. At the collegiate level, 17 wrestlers have gone on to become NCAA Champions, winning a total of 69 titles. Blair has also produced 23 NCAA All-American wrestlers, including several multiple time place winners.

Camp Goals and Expectations:

The Blair Wrestling Day camp will focus on a range of skills and concepts. Beginning with teaching solid fundamentals and basic athletic skills which are essential for success at any level to more advanced techniques and fine points to success. Each session will consist of a mixture of technique illustration and drilling, live wrestling, and specialized training activities, which are designed to increase strength, speed, endurance and stamina; all of which are an important in wrestling. The live wrestling portions of each session will give our staff a better opportunity to individually examine, and evaluate each student's performance in a competitive situation. Overall, these intense workout sessions will be very similar to Blair Academy's regular high school training sessions.

Medical Care:

Certified Athletic Trainer will be onsite

Camp Director:

Ross Gitomer, Blair Wrestling Head Coach (c) 908-310-8267

Registration:

<https://blairwrestlingcamps.totalcamps.com/shop/EVENT>