



2017 Gilman Wrestling Camp

Session 1 (AGES 8-12)

Who: 8 - 12 years old

When: Monday – Friday, June 19th – 23rd (8:30 – 12:00 PM)

Where: Gilman School, Wrestling Room

Campers who attend the 2016 Gilman Wrestling Camp will be grouped by age, weight and skill level. The camp will consist of sessions where campers will learn wrestling technique, followed by free drilling time for campers to practice their newly learned moves with other campers. There will also be plenty of games to go along with the wrestling. These sessions will be led by Bryn Holmes, 2X National Prep Champ and Gilman's Varsity Wrestling Head Coach, with assistance from Gilman wrestling coaches and Varsity wrestlers.

Campers will be required to wear comfortable athletic clothing and are encouraged to wear wrestling shoes and headgear. Wrestlers should also bring water bottles with them each day.

The price of the camp is \$200.00. To register, please send the registration slip (below) and payment to the following address by 6/1/17:

**Bryn Holmes
Gilman Middle School
5407 Roland Ave.
Baltimore, MD 21210**

Checks should be made payable to Bryn Holmes.

If you have any questions regarding the 2017 Gilman Wrestling Camp, please email Bryn Holmes at bholmes@gilman.edu.



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Camper's Name: _____

Address: _____

Phone Number: _____ Age: _____

Approximate Weight: _____

Years of Wrestling Experience: _____