

# Askren Wrestling Camp

July 26<sup>th</sup> - July 30<sup>th</sup> @ Somers Sports Complex (245 Route 100 Somers, NY 10589)

Camp Clinicians

**Ben Askren**

- 2008 U.S. Olympian
- 4x NCAA Finalist
- 2x NCAA Champion
- 2x Hodge Winner

**Max Askren**

- 3x All-American
- 1x NCAA Champion

**Age groups**

|                             |               |           |       |
|-----------------------------|---------------|-----------|-------|
| 5/6- 10years old            | Session 3     | 3-4:30    | \$100 |
| 11 years old – senior in HS | Session 1 & 2 | 10-12,1-2 | \$225 |

**Discounts will be given to groups**

|            | Older Group | Younger Group |
|------------|-------------|---------------|
| 5 or more  | \$200       | \$90          |
| 10 or more | \$175       | \$75          |

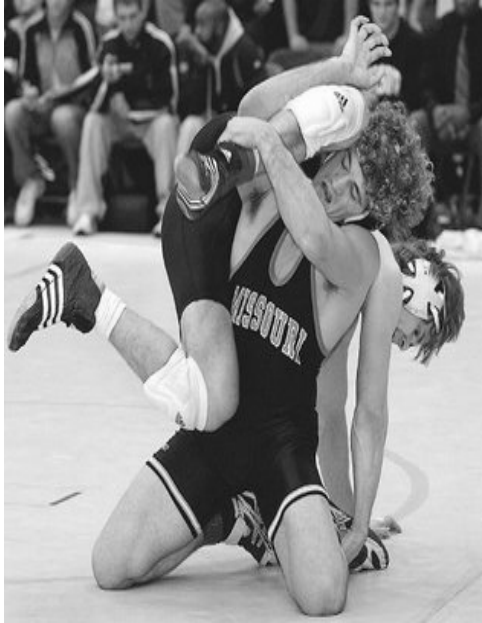
**Camp will be limited to 100 for each age group, so pre-register while you can  
If camp is not full registration will start at 9am on the 26th**

**Tentative Schedule**

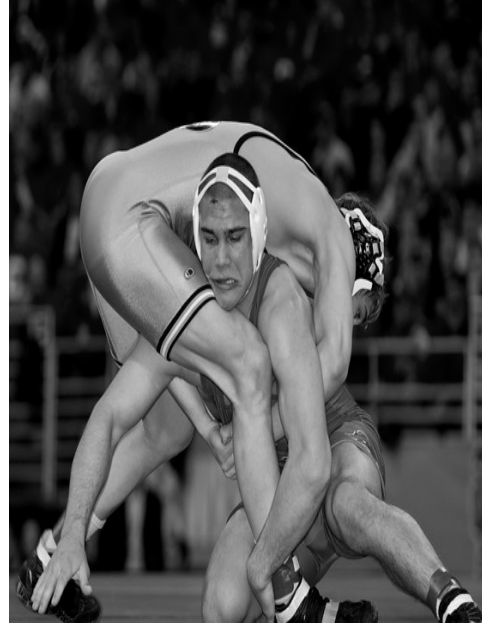
|                    |           |   |
|--------------------|-----------|---|
| <b>Monday</b> -    | Session 1 | Neutral: Double legs, ducks, and shrugs         |
|                    | Session 2 | Top: Riding position, tilts, b & c              |
|                    | Session 3 | Neutral: Leg attacks                            |
| <b>Tuesday</b> -   | Session 1 | Neutral: Hi C                                   |
|                    | Session 2 | Top: Cradles, bar arms, crab                    |
|                    | Session 3 | Neutral: More attacks and shot defense          |
| <b>Wednesday</b> - | Session 1 | Neutral: Snatch single, sweeps, low singles     |
|                    | Session 2 | Bottom: Stand up                                |
|                    | Session 3 | Top: Bars and cradles                           |
| <b>Thursday</b> -  | Session 1 | Neutral: Shot defense                           |
|                    | Session 2 | Bottom: Continue stand up/pullover, leg defense |
|                    | Session 3 | Bottom: Stand ups                               |
| <b>Friday</b> -    | Session 1 | Funk  |
|                    | Session 2 | Funk  |
|                    | Session 3 | Funk  |

***Camp T-shirt included***

**For more information contact Max Askren @ 262-719-1202 or [mxaskren@gmail.com](mailto:mxaskren@gmail.com)**



Ben Askren



Max Askren

## **Registration**

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mother: \_\_\_\_\_

Father: \_\_\_\_\_

E-mail: \_\_\_\_\_

School District: \_\_\_\_\_

Medical Conditions (That would be affected by wrestling.)

\_\_\_\_\_

Shirt Size \_\_\_\_\_

## **Permission/Liability Waiver & Consent for Medical Treatment**

I hereby authorize my child's participation in the Askren Wrestling Camp and certify that within the past two years he has had a physical examination and is in good health and able to participate in all camp activities. If medical attention is required for illness or injury while attending camp, I give permission for such care and hereby waive and release the camp, it's staff, and the host site of all liability for any illness or injuries which may occur. I understand that any wrestler who does not abide by camp rules and regulations is subject to dismissal without reimbursement or recourse and any damage to facilities will be assessed to those responsible.

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

Pre-Registration is preferred, please make payments out to Askren Wrestling Academy; and send them to 12 Bedell Road Amawalk, NY 10501  
For questions call 262-719-1202