

Other outstanding local coaches may assist in the clinic to ensure personal contact and quality instruction. All boys will be matched according to size and experience.

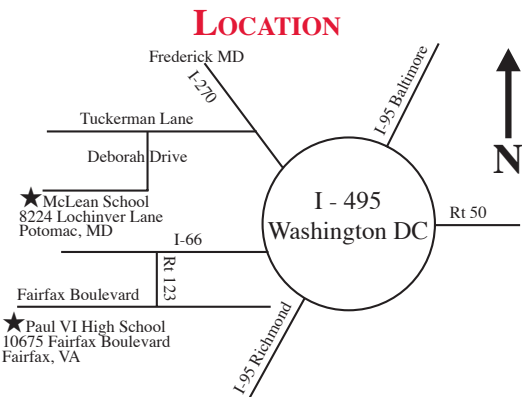
SESSIONS: July 14 - 17 - VA Camp
July 23 - 26 - MD Camp

TIME: 10am - 3pm

REGISTRATION: To ensure your place **enroll now**, by mailing the attached form and \$150 deposit to: Wrestling Clinic, P.O. Box 48, Davidsonville, MD 21035. **Questions call 410.903.1158 or email kward1158@aol.com**

CHECK-IN: 9:30am on Monday, July 14th at the Paul VI Gym & 9:30am on Wednesday, July 23rd at the McLean School Gym.

COST: \$295, entire session.
\$280 if paid in full by 6/12/08.



DIRECTIONS - PAUL VI HIGH SCHOOL

From I-66, exit #60 south, on to Rt 123 (Chain Bridge Rd), turn right (west) onto Fairfax Boulevard (Rt 29/50), Paul VI High School on the left 1/4 mile.

DIRECTIONS - McLEAN SCHOOL OF MD

From I-495, **from East**, I-270N, Rt-187 N exit 1A, Left Tuckerman Lane, Left Deborah Drive, right Locinver Lane.

From I-495, **from West**, I-270N, exit 1 Democracy Boulevard West, Right Seven Locks Road, Left Tuckerman Lane, Left Deborah Drive, right Locinver Lane.

INSTRUCTIONS TO INCLUDE

- ★Takedowns
- ★Pinning
- ★Escapes, Reversals, Riding
- ★Leg Riding
- ★Granby Roll Series
- ★Nutrition for Wrestling
- ★Psychological Aspects of Wrestling
- ★Conditioning for Wrestling
- ★Greco-Roman Techniques
- ★Freestyle Techniques

RECREATIONAL ACTIVITES

(during break periods)

- ★Video viewing of top college meets
- ★Group games designed for wrestling conditioning
- ★Free wrestling

TRANSPORTATION

(metro train @ Vienna, VA / Grosvenor, MD)

The clinic will provide a shuttle service from the Metro Station (orange line) at Vienna, Red Line @ Grosvenor. A \$30 charge (for the week) will be added for the shuttle. A clinic bus will be at the Metro Station from 9am to 9:30am each morning. At 3pm, at the end of the clinic each day, a shuttle will return to the Metro Station. The shuttle will be subject to a sufficient number of persons signing up, in addition, a limited number will be allotted.

All persons requesting transportation will be called the week before camp.

Vienna Metro Station / Orange Line
Grosvenor Metro / Red Line
Metro Customer service 202.637.1328
www.wmata.com

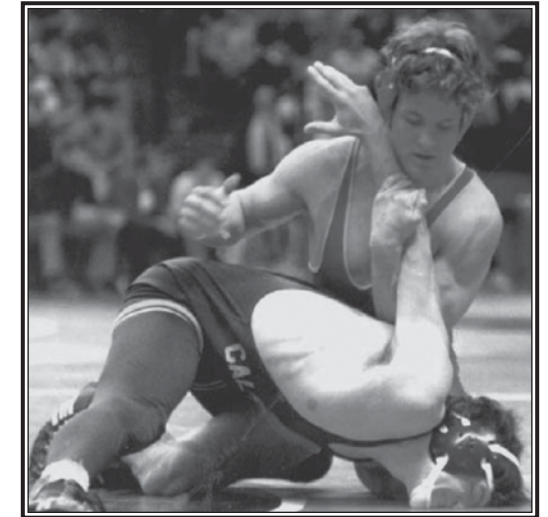
THE CLINIC WILL PROVIDE

- ★Camp t-shirt
 - ★Insurance
- Campers should bring a bag lunch & Wrestling Gear

Kelly Ward/Wrestling Clinic

P.O. Box 48
Davidsonville, MD 21035

PAUL VI CATHOLIC HIGH SCHOOL
Fairfax, Virginia
&
McLEAN SCHOOL OF MARYLAND
Potomac, Maryland
present



Kelly Ward's 2008
Iowa State/Washington DC
Champion Wrestling
Summer Clinic

Featuring NCAA Champions & All-Americans

Virginia Session: July 14 - 17
Paul VI Catholic High School
10675 Fairfax Boulevard
Fairfax, Virginia 22030

Maryland Session: July 23- 26
McLean School of Maryland
8224 Lochinver Lane
Potomac, Maryland 20854

Coaches Welcome
Enroll Today...Limited Enrollment
(Feel Free to Duplicate)
kward1158@aol.com

STAFF ACHIEVEMENTS

Mark Cody

- ★Head Coach, American University
- ★Former Assistant Coach, NCAA Champions, Oklahoma State University
- ★2x NCAA All-American, Missouri University

Joe Gibbons

- ★Former Assistant Coach Iowa State University
- ★Coached NCAA Championship team 1987
- ★NCAA Champion
- ★All-American 4x
- ★Big 8 Champion 2x

Al Freeman

- ★NCAA Silver Medalist
- ★2x NCAA All-American
- ★Big 8 Champion
- ★Midlands Champion
- ★Iowa State H.S. Champion

Wayne Hicks

- ★US Naval Academy
- ★NCAA Silver Medalist
- ★2x EIWA Champion

Josh Glenn

- ★2007 NCAA Champion
- ★NCAA All-American 2x
- ★EIWA Champion 2x
- ★American University

- ★Former wrestling coach, University of Nebraska, & Iowa State University.
- ★Coached Olympians and NCAA Champions
- ★NCAA Champion
- ★NCAA Silver Medalist 2x
- ★Big 8 Champion 2x
- ★Outstanding Wrestler Big 8, 1979
- ★All-American 3x
- ★Captain Iowa State University Team
- ★NCAA Record 126-10-2
- ★Member of NCAA Championship Team 1977
- ★National Prep Champion
- ★State High School Champion 3x
- ★Undefeated in High School Competition 90-0-0

FORMER WARD CAMPERS

- ★**Mack Lewnes** - 2x National Prep. Champ
4x State Champ, Cornell U.
- ★**Sam Lewnes** - 2x State Champ, Okla. State.
- ★**Mike Cannon** - State Champ, American U.
- ★**Eren Civan** - 3x State Champ, Columbia U.
- ★**Frank Edwards** - 3x State Champ, USNA
- ★**Alex Ward** - State Champ U. Of Neb.
- ★**Danny April** - 3x State Champ
- ★**Cam Watkins** - 2x State Champ, ODU
- ★**Ben Graham** - State Champ
- ★**Bubby Graham** - 2x State Champ, American U.
- ★**Ryan Davis** - 3x National Prep. & State Champ
- ★**Tim Bohlman** - State Champ, York College.
- ★**Jon Kohler** - 3x State Champ, University of MD
- ★**Dan Whitenak** - State Champ, Ediboro U.

*32 State Championships Won
by these former Ward Campers!*



DIRECTOR Kelly Ward

“I have always believed to be an outstanding wrestler, one must be well versed in all phases of the sport. This will be that sort of clinic. I will cover all areas from the fireman’s carry takedowns, through the entire leg riding and pinning series, to perfecting the granby roll series. I will cover any and every phase of wrestling desired by my campers. I feel that any wrestler who attends my clinic will improve his skills, and will be that much closer to being a state champion.”

email: kward1158@aol.com

CLINICIANS

All will assist Coach Ward. All are veterans of many clinics across the USA and all are in heavy demand. These men have had very successful careers in major NCAA and international competitions. All are tremendous teachers of wrestlers. Clinicians are subject to change.

Coaches Welcome!

Any coach with two or more athletes attending from his school may also attend; “no fee.”

(Feel Free to Duplicate)

CUT AND RETURN

Make check payable to:
Kelly Ward

Indicate: I want transportation to and from the Metro Station. Add \$30 to deposit for transportation.

I will attend:

Virginia Camp
and / or
Maryland Camp

All Sessions: 10am - 3pm

All children under 8 years old must be accompanied by an adult at all times.

Mail application to:
K. Ward / Wrestling Clinic
P.O. Box 48
Davidsonville, MD 21035

CAMPERS NAME: _____

ADDRESS: _____

STATE: _____ **ZIP:** _____

CITY: _____

TEAM: _____ **H () _____ W () _____**

EMAIL: _____

C () _____

No. of years wrestling experience _____ **DATE OF BIRTH** _____ **AGE** _____ **HT** _____ **WT** _____

T-Shirt, Adult size: S _____ M _____ L _____ XL _____

My boy's / girl's health will meet medical standards. I understand that neither Paul V.H. S. McLean School, Kelly Ward, nor the coaches or counselors can assume responsibility for accidents, medical or dental, resulting from sports training during his stay on campus or during travel. I/We being the legal guardians of the above applicant authorize Kelly Ward Camp and its agents permission to request medical treatment as necessary to insure the well being of our dependent.

Parents Signature: _____

Date: _____

Official Clinic Use Only

1. Deposit \$ _____ Date _____
2. Balance \$ _____ Date _____

Tuition: \$295 entire session. \$280 if paid in full by 6/12/08. Include \$150 with application, if not paying in full. Deposit non-refundable. Add \$30 to deposit if you have indicated you will use the bus service from either the Vienna or Grosvenor Metro. **All fees must be paid in full by the first day of camp.** A camp bus will leave sharply at 9:30 am from the Metro Station every day of the clinic. (limited Enrollment - enroll today!)

(Feel Free to Duplicate)