

## 3 Phase National Teams Training Camps 2015

### *Phase 1 Training Camp: Rob Hermann!*

**\*Schoolboy, Cadet & Jr's!**

**\* Included in National Team Fee!**

**\* Memorial Day Weekend (May 22<sup>nd</sup>-25<sup>th</sup>)**

**\*Cispus Learning Center (Randle, WA)**

**\* US Greco Coach Clinician (Rob Hermann)!**

**\* 100 wrestlers Maximum**

**\* Sleeping Bags/Pillows/Work-out Gear**

**\* Camping/Hiking activities too!**

**\* Meals provided!**

**\*Bring Sun Screen/Bug Spray/Rain Coat**

**Registration Contact: Coach C. Feist**

**[CFEIST@TahomaSD.US](mailto:CFEIST@TahomaSD.US) or**

**WSWA Director: Jay Terry**

**[TossFor5@hotmail.com](mailto:TossFor5@hotmail.com)**

This will be a great camp for Cadet/Jr. wrestlers heading to Duals/Fargo with WSWA coaches and Rob Herman Olympic Greco Coach! This camp provides an outdoor atmosphere in a great setting too. Spots will fill up fast, so let us know now if you plan to be there this year, and remember it's included in your WSWA 2015 fee!!

### *Phase 2 Training Camp: Vandit Academy*

**All ages!**

**\* Included in National Team Fee!**

**\* (June 16<sup>th</sup>-19<sup>th</sup>)**

**\* Vandit Wrestling in Mt. Vernon  
(2464 E. Blackburn Rd. Mt. Vernon 98274)**

**\* Clinicians: Chris Bono / John Reader!**

**\* 150 wrestlers Maximum**

**\* Sleeping Bags/Pillows/Work-out Gear/Tents  
(Wrestlers will camp-out on property!)  
(Some host families available +RV spots)**

**\* Camping/Hiking activities too!**

**\* 3 Daily Meals provided!**

**\*Bring Sun Screen/Bug Spray**

**Registration Contact: Coach Andy Cook**

**[vanditwa@gmail.com](mailto:vanditwa@gmail.com) or**

**Coach Caleb Schlack**

**[calebschlack@gmail.com](mailto:calebschlack@gmail.com)**

This will be a great camp for Kids/Cadet/Jr. wrestlers heading to Nationals! WSWA coaches and featuring two great clinicians! This camp provides an outdoor atmosphere in a great setting too. Spots will fill up fast, so let us know now if you plan to be there this year, and remember it's included in your WSWA fee!!

### *Phase 3 Training Camp: Eastern, WA Location: Central Valley H.S.*

**\*Cadet/Jr's!**

**\* Included in National Team Fee!**

**\* (July 8<sup>th</sup>-12<sup>th</sup>)**

**\* Spokane Area**

**\* Clinicians: WSWA Coaches & Directors**

**\* 100 wrestlers Maximum**

**\* Lodging: Mirabeau Park Hotel**

**\* Daily Meals: 3 (Included)**

**Registration Contact:**

**Craig Hanson: [hansonc@evsd.org](mailto:hansonc@evsd.org)**

**Ron Beard: [beardedcoach@yahoo.com](mailto:beardedcoach@yahoo.com)**

**WSWA Dept. Director: Kyle Foster**

**[Coachfoster44@gmail.com](mailto:Coachfoster44@gmail.com)**

This will be the last camp/training opportunity before for Cadet/Jr. wrestlers head to Fargo Nationals! Remember this camp is included in your WSWA 2015 fee!!