



The Newberry Wrestling Camp Presents the:

Columbia Wrestling Academy

Sundays: @ Newberry College
4 PM —6 PM

Mondays: @ White Knoll HS
7 PM —8:30 PM

Wednesdays: @ Irmo HS
7 PM —8:30 PM

Meeting Dates:
September: 9, 13, 14, 16, 20,
21, 23, 27, 28, 30

October: 4, 5, 7, 11, 12, 14, 18,
19, 21, 25, 26, 28

-Camp Begins after Labor Day-

The Columbia Wrestling Academy has been formed in an effort to provide wrestlers of all ages and skill levels the opportunity to continue their development in preparation for fall tournaments and the upcoming season. Our goal is to provide a safe and fun environment for wrestlers of all skill levels to come and work on all things wrestling. Wrestling competition, drills, technique, weight training, nutrition, mat awareness, and strategy will be covered on a continuing, session by session, progression. It is our desire to introduce wrestlers to new and exciting technique, drills, and wrestling all while developing individual skills and offering high quality instruction and competition.

Our vision is to become the premier Wrestling Academy in South Carolina and work in conjunction with those in the community to build outstanding wrestlers on and off the mat through our camp series.

When: September 9th through October 28th 2009

Where: Newberry College, White Knoll, & Irmo High School

Cost: \$175.00 (Checks Payable to: Newberry Wrestling Camp)

Instructors: Jason Valek: Head Wrestling Coach at Newberry College

**Cort Petersen: 2X NCAA II All American at Central Oklahoma
and a part of 2 national championship teams in college.**

**Kelly Revells: NJCAA National Champion, 2X NCAA I National Qualifier,
and a 2X SC state champion at Summerville**

Matt Finley: Undefeated SC State Champ

And many current and/or former Newberry College Wrestlers

Newberry Wrestling
-2009 NCAA Runner Up-
-NCAA Super Region I Champs-
-Back-to-Back-
-2 NCAA National Champions-

-Head Coach: Jason Valek
-Assistant Coaches:
Kelly Revells, Cort Petersen, &
Matt Finley

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