



Technique Camp 2009

Session I – 8AM-11AM Wrestlers Entering 4th -7th Grades
Session II – 12PM-3PM Wrestlers Entering 8th -11th Grades

Camp Will Include:

Instructional Technique Speed and Strength Instruction
Live Wrestling Camp Competitions
Drill Sessions Camp T-Shirt

West Islip Wrestling Staff

Jim Beuther
Ron Ardito

Nick LaGiglia
Tom Longobardi
Tom Powers
Joe Downey

Tom McGloughlin
Mike Ferrugiari

THIS CAMP IS NOT AFFILIATED WITH THE WEST ISLIP SCHOOL DISTRICT.

ALL WRESTLERS MUST HAVE A USA WRESTLING CARD!

*Camp Insurance is Secondary to Primary Insurance

* Checks made payable to: West Islip Athletic Boosters Club (WIABC)

Registration Form

Deadline for Registration June 30, 2009

Camp Date: July 27-30, Mon-Thurs 8AM-11AM 12PM-3PM

Send To: West Islip Wrestling
c/o Nick LaGiglia
Varsity Wrestling Coach
1 Lions Path
West Islip, NY 11795

Camp cost - \$65.00

Print Name _____ Age _____ Grade Entering _____

Phone # _____ Address _____ Zip _____

School _____ Current USA Wrestling Card # _____

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T-Shirt Size: Youth: XS S M L
 Adult: S M L XL XXL

Contact: Nick LaGiglia - 374-7830 (cell) N.LaGiglia@wi.k12.ny.us
 Tom Longobardi - (516)220-6589 (cell) T.Longobardi@wi.k12.ny.us