**2014**

**Irm Stingers**



**Take Down Camp**

Ages: 5 - 18. K – 12 Grade

Limited to: first 50 Registrants

Wednesday July 23 thru Friday July 25 2014

9:00 AM – 12:00 Noon

Cost $60.00 cash or check: check payable to IRMO STINGERS

Irmo High School: 6671 St Andrews Rd, Columbia SC, 29212 in the Wrestling Room 305.

For more information contact: Coach Tom Rinehart: Phone (803) 477-5311 e-mail [irmowrestling@gmail.com](mailto:irmowrestling@gmail.com) or visit our website Irmowrestling.comon the camps page.

***Distribution of this flyer through official district or school channels does not imply endorsement or support from Lexington-Richland Five or any school therein.***

**Camp Itinerary:**

9:00 – 9:15 Warm-up

9:15 - 9:30 Drills

9:30 – 9:35 Break

9:35 – 10:05 Instruction

10:05 – 10:10 Break

10:10 – 10:40 Instruction

10:40 – 10:45 Break

10:45 – 11:15 Instruction

11:20 – 11:25 Break

11:25 – 11:55 Live Wrestling Competition

11:55-12:00 Camper pick-up

**CAMP REGISTRATION**

**Cost:** $60.00 Cash or Check: Check payable to **IRMO STINGERS**

**Registration Limited to; First 50 wrestlers**

**Participant Information:**

Name (printed) .

Current Medications or Special Instructions: .

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Age: . D.O.B: . Grade: .

Experience: . Height: Weight: .

Address: .

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Contact Number: ( ) ( ) .

E-mail address: .

**Parent / Guardian Information:**

Name (printed) .

Contact Number: ( ) ( ) .

E-mail address: .

**Release Statement:** The Irmo wrestling camp (facilities/instructors) and/or Irmo High School will not be held liable for any injuries or lost items.

Participant Signature: Date: .

Parent/Gaurdian Signature: Date: .

**2014 IRMO WRESTLING CAMP**

**Technicians:**

Coach Tom Rinehart: Varsity wrestling coach at Irmo High School with over 40 years of combined coaching and competition experience at all levels from elementary to international.

Coach Brandon Schofield: Irmo Varsity assistant coach

Coach JD Denning: Stingers elementary club coach.

Many Irmo Alumni

**Focus:**

This year’s camp will be focused on TAKE DOWN ATTACKS and COUNTER ATTACKS from the locked position.

**Techniques:**

Collar and Russian Ties, Double Over, Double Under, and Over-Under Locks

**Moves:**

Pass-by, Duck Under, Kelly Roll, Fireman’s Carry, Head-Arm, Lateral Drop, Body Locks, Snap-Downs, Ankle Picks, Single and Double Leg take downs