

Lowcountry Wrestling Academy

114 Ashland Drive
Summerville, S.C. 29483

Phone: 843.343.3555

Email: thelwa@yahoo.com

Website: www.lwatrained.com

LWA wrestling camp registration link:
https://events.membersolutions.com/event_detail.asp?content_id=39458

WAIVER STATEMENTS

All participants in LWA's Wrestling Camps must have their own medical coverage. Campers will not be allowed to participate in camp activities unless the following information is submitted and the form is signed by the parent and/or guardian of the camper.

Camper Name: _____

Campers Insurance Company: _____

Company Address/Phone: _____

Policy/ ID #: _____

I/We, the undersigned, hereby certify that I am/we are the parents or legal guardians of the camper. I hereby grant permission to LWA camp staffers to seek and allow appropriate medical attention to be administered to my camper in the event of an injury, accident or illness. I am responsible for all expenses pertaining to medical attention and treatment, except for any expenses that might be covered by NUWAY medical coverage policy.

Signature _____

Date _____

Signature _____

Date _____

This certifies that the camper named above is physically qualified to attend LWA Wrestling Camps.

2014 Lowcountry Wrestling Academy Camps

Select a camp:

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LWA CAMP PACKAGE

All 4 LWA Camps

Cost: Only \$399 **Save \$119!!**

☐

LWA Pin to Win Camp

June 9th & 10th

Three session per day.

Cost: \$75

☐

LWA Attack Mode Camp

June 26th & 27th

Three sessions per day.

Cost: \$75

☐

Purlier Camp at LWA!

July 14th - 18th

FOUR sessions per day.

Cost: \$295

☐

LWA Takedown Camp

July 28th & 29th

Three sessions per day.

Cost: \$75

Online registration link:

https://events.membersolutions.com/event_detail.asp?content_id=39458

Current School or Club: _____

Grade: _____ Age: _____ Weight: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

Emergency Contact: _____

Emergency Phone: _____



Lowcountry Wrestling Academy

2014 Summer Camps and Clinics

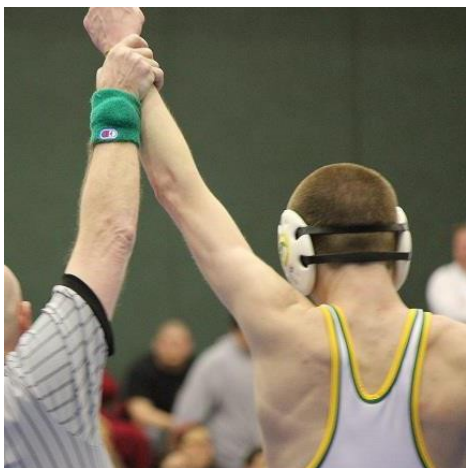
“Preparation for Domination”





LWA CAMP PHILOSOPHY

The Lowcountry Wrestling Academy wrestling staff is dedicated to assisting youth wrestlers in their quest to improve their wrestling knowledge and skill. The camps will focus on the fundamentals of wrestling from all positions with a primary focus on technique, mat strategy, mental awareness, work ethic, and life skills. Question and answer opportunities with counselors will be available for campers in order to assist in their development. We will have an excellent camper-to-staff ratio to help provide the individual attention needed to improve wrestling skills. Choose from our technique focus camps which include: Pin to Win Camp; Attack Mode Camp and Takedown Camp; or choose the five day Purler Camp. All camps will also feature the LWA coaching staff who led our club team to its 3rd state championship in a row, during the 2013-14 season.



2014 LWA SUMMER CAMPS AND CLINICS

LWA Pin to Win Camp

Featured Clinician: Bryant Blanton

June 9th & 10th, 9am-3pm Daily

Cost: \$75

This camp will breakdown numerous pinning combinations that will put wrestlers in position to dominate their opponent and score points from the top position. The techniques covered have been proven successful at all levels. Come learn the techniques that helped make Bryant Blanton an NCAA National Champion.

LWA Attack Mode Camp

Featured Clinician: Deral Brown

When: June 26th & 27th, 9am-3pm Daily

Cost: \$75

This camp will feature NCAA All American and 3X SC State Champ Deral Brown. Coach Brown is an offensive specialist that teaches wrestlers to be proactive, not reactive. This camp will place major emphasis on an "Attack Mode" mentality while on the mat, mentally and physically. Attack Mode Camp will fill fast so make sure to reserve your spot early!

Purler Camp at LWA!

Featured Clinician: Purler Academy Staff

When: July 14th - 18th, 8:30am-5pm Daily

Cost: \$295

This is our most challenging camp. This camp will consist of intense drilling and teaching of the Foundation Wrestling system that has worked so well for the Purler Academy in Missouri. Instruction by the Purler Academy staff will be second to none. This camp will be limited to only 44 wrestlers.

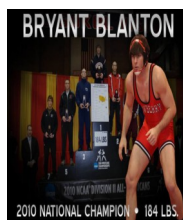
LWA Takedown Camp

Featured Clinician: Kelly Revells

When: July 28th & 29th, 9am-3pm Daily

Cost: \$75

This camp will cover neutral position takedowns and takedown counters to include set ups and finishes. Coach Revells will cover the Newberry Takedown system and techniques that his team used to compete at the 2013 NCAA D2 National Championships.



DIRECTIONS

Traveling West on Interstate 26 (from Charleston): Exit the Interstate at exit 199B onto US 17-A/N. Main Street toward Moncks Corner. Go 1.8 miles and turn right on Royle Road. Take first right on to Ashland Drive. LWA is on the right.

Traveling East on Interstate 26 (from Columbia): Exit the Interstate at exit 199B onto US 17-A/N. Main Street toward Moncks Corner. Go 1.8 miles and turn right on Royle Road. Take first right on to Ashland Drive. LWA is on the right.

WHAT TO BRING?

- Three sets of workout clothes per day
- Wrestling shoes and headgear
- Running shoes
- Spending money (i.e. lunch, snacks, drinks, apparel)

LWA Wrestling Camp Itinerary

8:15-8:30 am	Purler Camp Drop-off
8:30-9:00 am	Purler Camp Workout
9:00-10:30 am	Wrestling Session I
10:40-12:30 pm	Wrestling Session II
12:30-1:30 pm	Lunch
1:30-3:00 pm	Wrestling Session III
3:00-3:30pm	Commuter Pick Up
3:10-4:45 pm	Purler Camp Session IV
4:45-5:15pm	Purler Camp Pick Up

Each camper will receive a free LWA camp T shirt.

Camp Director: David Maningding
Head Coaches: Skip Parker and Brian Canady
Phone: 843.343.3555
Email: thelwa@yahoo.com
Website: www.lwatrained.com

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