

# RAIDER WRESTLING CLINIC 2016

**Tues, June 7 – Thurs, June 9**

Our clinicians and Coaches will work hard to improve your wrestling ability, but the most important person in deciding how much progress you are going to make is YOU! Come prepared to learn. Come prepared to work. Come prepared to make the most out of your experience.

## CLINIC FORMAT INCLUDES:

- Intense work on developing the skills of age group wrestlers
- Open to ages 12+
- Instruction on core strength development
- Live competition between the campers

## FEE:

\$175 per wrestler

**(Team Discount:** Discounts will be provided for 6 or more participants from the same school. Please contact us for more info)

## SIGN-UP ONLINE:

<http://tinyurl.com/rwc2016>

(<https://forms.diamondmindinc.com/iolani/wrestling-clinic?token=750746337>)

## IMPORTANT CONTACT INFO:

Iolani Athletic Dept Phone #: 943-2208

Walden Au E-mail: [wrestling@iolani.org](mailto:wrestling@iolani.org)

## IMPORTANT NOTE!

There is no overnight option. This year's camp is strictly a commuter camp.



## 2016 CLINICIAN: Jamill Kelly

Silver medalist at the 2004 Summer Olympics

- 2-year Starter/Captain @ Oklahoma State
- 2nd @ 2000 Big 12 Conference championships

Jamill was as an assist coach at Cal-Poly, helping the Mustangs send four wrestlers to the NCAA Championships, two of which earned All-America honors.

Kelly has a great deal of coaching experience, having served as coach for the U.S. Junior World Freestyle Team in 2007, U.S. Freestyle Tour Team in 2006, and also assisted with many other junior-level teams while in Massachusetts.

## SCHEDULE\*:

### Tuesday, June 7

8:00am Registration, weight-ins  
9:00am Practice Session #1  
11:00am Shower  
11:30am Lunch  
1:00pm Practice Session #2  
4:00pm Day 01 Concludes

\* Schedule is subject to change

### Wednesday, June 8

7:00am Morning Run  
8:00am Breakfast  
9:00am Practice Session #3  
11:00am Shower  
11:30am Lunch  
1:00pm Practice Session #4  
4:00pm Day 02 Concludes

### Thursday, June 9

7:00am Morning Run  
8:00am Breakfast  
9:00am Practice #5  
11:00am Shower  
11:30am Lunch  
1:00pm Practice Session #6  
4:00pm Clinic concludes

## WHAT TO WEAR...WHAT TO BRING:

1. Clean workout clothes for every session (shorts, long-sleeve t-shirt, socks, underwear etc)
2. Headgear and knee pads

3. Running shoes and wrestling shoes
4. Soap, shampoo and towel for showering

5. Notepad and writing utensil

**Register by May 20, 2016**

For more info, contact Coach Walden Au ([wrestling@iolani.org](mailto:wrestling@iolani.org))