

2010

ABE

INTENSIVE WRESTLING CAMP

THREE DAY INTENSIVE WRESTLING CAMP (COMMUTER CAMP)



AUGUST 6~8
AT
MASE TRAINING CENTER
21580 ATLANTIC BLVD,
SUITE 110
STERLING, VA 20166



Sanshiro Abe
542 Sunnyfield Drive
Monroeville, PA 15146

2010 Abe Three Day Camp Registration Form
Please send this form with Non-refundable \$100 deposit (Checks Payable to Sanshiro Abe) to:
Sanshiro Abe / 542 Sunnyfield Drive / Monroeville, PA 15146

Name _____ Date of Birth _____ Email _____
Address _____ City _____ ST _____ Zip _____
Father's Name _____ Phone _____
Mother's Name _____ Phone _____
Emergency Contact _____ Emergency Phone _____
Wrestler's Age _____ Grade in School _____ School _____ Club _____
Current Weight & Height _____ Years of Wrestling Experience _____
Medical Information: Does the wrestler have any physical/medical conditions that Pitt Bull Wrestling Club should be made aware?

Is the wrestler currently taking any medications? _____

Liability release: I, the undersigned, individually and as a parent/guardian of the above listed athlete(s), a minor, ask that he/she be admitted to participate in the wrestling camp sponsored by Abe Intensive Wrestling Camp. I do hereby agree to release, discharge and hold harmless all parties involved, their owners, agents, Abe Intensive Wrestling Camp coaching staff and employees from all liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the club practice or in the course of competition and/or activities held in connection with the camp activities. I also give permission for my child to be photographed in relations that the photographs may be used on the web site to promote the Abe Intensive Wrestling Camp.

Parent/Guardian Signature _____

Parent/Guardian Printed Name _____

Date _____

Camp Director & Main Instructor



Sanshiro Abe

- Camp Director
- Pitt Bull Wrestling Director & Head Coach
- Pittsburgh Central Catholic HS Head Coach
- 1996 NCAA Champion
- 4 x All-American
- 3 x Big 10 Champion
- 1996 Olympian for Japan

Camp Philosophy

Abe Intensive Wrestling Three Day Camp is designed for serious wrestlers who want to train during summer to improve, excel, prepare and achieve their goals for up coming season. Unlike other camps, this camp will focus on specific technique for the duration of the camp and wrestler will master those techniques/moves through systematic drilling during the camp. They will also be instructed on proper work ethics, chain-wrestling and mental preparation. These tools will help wrestlers get to the next level and prepare him/her for state and national caliber competition. There will also be live wrestling where the wrestlers will be encouraged to apply what they are learning. This camp will be intense and structured, serious wrestlers need only apply. Also, the camp will be limited to **34** wrestlers so apply ASAP to secure a spot!

Camp Information

- The Camp will be held at
Mase Training Center
21580 Atlantic Blvd, suite 110
Sterling, Va 20166
- The camp is limited to **34** wrestlers.
- **Send registration ASAP — Camp is filled on a first come first serve basis.**
- Absolutely **No Parents Coaching** during sessions.
- This is a commuter camp. Tentative camp schedule is below.
- Please bring a copy of insurance, wrestling shoes, headgear and workout gear. Also, you may bring water, sport drinks, and nutritional bars for energy.

Tentative Camp Schedule

Friday, August 6:

5:30~6:00pm Registration
6:00~7:30pm Technique & Live Wrestling

Saturday, August 7:

10:00~11:30am Technique & Live Wrestling
11:30~12:30pm Break
12:30~2:00pm Technique & Live Wrestling
2:00~2:30pm Break
2:30~4:00pm Technique & Live Wrestling

Sunday, August 8:

10:00~11:30am Technique & Live Wrestling
11:30~12:00pm Break
12:00~1:30pm Technique & Live Wrestling

Camp Fee

\$200

- **50% discount** for 2nd wrestler from the same family
- Mail **\$100 non-refundable deposit** w/ registration form
- One camp shirt will be provided
- Please make checks payable to:
Sanshiro Abe



Any Questions/Concerns...
Contact:

Kurt McHenry
Ranger Wrestling Club
(703) 728 1302
kurtmchenry@verizon.net
www.rangerwrestlingclub.com

OR

Sunny Abe
(412) 445-6225
sunnyabe@gmail.com
www.pittbullwrestling.net

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