



3-Day Wrestling Training Camp SUPLES Training-Systems Workshop

High School, College and Senior Age Groups – Advanced - Coaches & Wrestlers

August 24th, 25th & 26th, 2018 - Coastal Wilmington, NC



Friday August 24 th :	9:30am Registration
	10:00-11:30am Session - Cross-Training
	1:00-3:30pm Session 1 - Greco/Folkstyle
	5:00-7:30pm Session 2 - Greco/Folkstyle
Saturday August 25 th :	10:00-11:30am Session - Coss-Training
	1:00-3:30pm Session 3 - Free/Folkstyle
	3:30-5pm SUPLES Workshop
	5:00-7:00pm Session 4 - Free/Folkstyle
Sunday August 26 th :	9:00-11:30am Session 5 - Folkstyle
	1:00-3:30pm Session 6 - Folkstyle

Venue: O2 Fitness – Hanover Center, 1315 Independence Blvd, Wilmington, NC, 28403

Coaching Staff: Ahad Javansalehi – Two Time Iran Olympian 1988 & 1992, Team USA Greco-Roman Coach, Head Coach for New York Regional Training Center at Cornell University.

Nick Gwiazdoski – 125kg Freestyle 2017 World Bronze Medalist, 2018 World Team Member, 2017 World Cup Team member, 2017 US Open Champion, 2018 Beat the Streets in NYC. 2x NCAA National Champion, 3x All American for NC State.

Jon Duplessis – South African trained Physiotherapist. South African National Freestyle Champion 1989. USAW Medical Pool accompanying Team USA on tours to Uzbekistan, Denmark & Chile 2014-2018.

International-level Coaching. Advanced Wrestling, Unique Cross-Training Opportunities!

Learn wrestling specific dynamic warm-ups, improve technique/agility/flexibility/speed/cardiovascular fitness/strength and become a better athlete in a fun environment.

Unlike any other Camp!

Cost: 1 Day Camp - \$120 , 2 Day Camp - \$170 , 3 Day Camp - \$210 , SUPLES Workshop - \$60

RSVP by 8pm July 31st, 2018 and get a camp T-Shirt – Limited Space!

To Register: ONLINE @ www.ThriveToThrive.com

For Info Call Jon @ 910-536-5667

