

CAMP INSTRUCTORS

Kerry McCoy *

UMD Head Coach 2008-Present
Olympic Team Coach 2008

Jesse Castro

Liberty University Head Coach 2005-Present
East Regional Coach of the Year 2007 & 2008

Joe Henson

American University Assist Coach 2003-Present

Michael Cannon

NCAA All-American American U. 2008

Jarrod Elwell

Olney B and G Club Coach of the Year '04 & '05
Currently B & O Beltway Coach

Dan Rowell

3x West Virginia State Champion
Currently B & O Beltway Coach

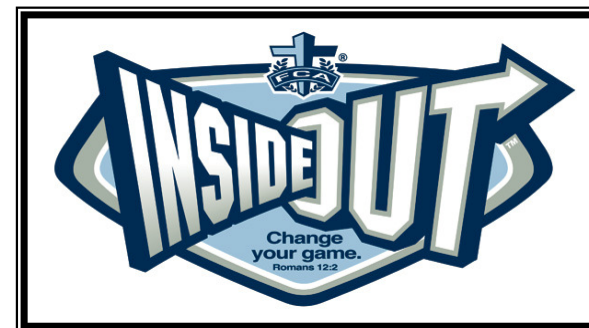
Additionally, we will have local high school coaches and
wrestlers assisting our camp including Adam Krop (Urbana
High School) and Justin Krop (Liberty University).

** Subject to availability.*

Purpose

The purpose of our camp is to train these boys to be outstanding wrestlers. In addition, we want to have fun and to share the love of Christ with all of our participants.

**BRING A
FRIEND!**



METRO MD FCA 2009

WRESTLING CAMP

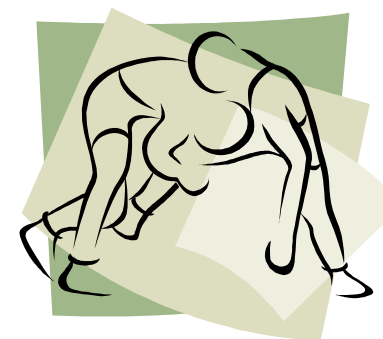
**Boys
Ages 8-13**

Novice to advanced wrestlers

June 29 – July 3, 2009

Gaithersburg, MD

**Monday – Friday
8:30am – 4:00 pm**





Age Group

Boys age 8-13 as of the first day of camp
8:30 A.M. - 4:00 P.M.

We will cover skills including takedowns, set-ups, bottom skills, top skills, and pinning combinations. We will focus on helping each individual improve their skills, and we will wrestle every day.

Check-in

Begins 15 minutes before the Monday session at the location.

Equipment

Wear your shorts, T-shirt and wrestling shoes.
Wear tennis shoes if you don't have wrestling shoes.

Location

Covenant Life Church
7501 Muncaster Mill Rd
Gaithersburg, MD 20877
PLEASE DO NOT CALL THE CHURCH.

Cost*

\$175.00 Registration by mail must be received by June 15-**Same price as last year!** (includes a \$50 non-refundable registration fee)

\$195.00 Late registration after June 15 (includes a \$50 non-refundable registration fee)

*A limited number of financial scholarships are available based on need and availability of funds.

Register at

www.fcacamps.org
or by calling 1-866-any-camp

What do I get?

- Challenging instruction from top notch coaches and student athletes
- Official FCA Camp 2009 T-shirt
- A complimentary issue of FCA's national sports magazine, *Sharing the Victory*
- FCA Sports New Testament with discussion guides and study aids

For Questions Contact

Jarrod Elwell, Camp Director
Home 301-946-6267
Jarrodellwell@juno.com

General Schedule

8:30 am Warm-up (Assembly: Worship & Speaker)
9:15 am Power Boost (Quiet Time)
9:30 am Practice
11:15 pm Huddle (small group time)
12:00 pm Lunch (Bring your own)
12:30 pm Huddle (small group time)
1:00 pm Practice
2:30 pm Recreation (All camp competition)
3:15 pm Snack (We'll provide)
3:30 pm Pro-file (guest speaker)
4:00 pm Pick-up

* Note: Friday will be Family day! Modified schedule in the afternoon.

Here's what was said about our camp last year

FCA Camp has been the greatest experience of my life! Anyone who has not gone to an FCA Camp is missing out on one great experience!"

Camper Quote

