

# WRESTLING IS FUN!

## GIVE IT A TRY!

*WHO: Beginners, Intermediates, and Advanced Wrestlers from the fifth grade through the twelfth grade.*

*Learn technique.*

*Train to become a winner!*

### NO EXPERIENCE EXPECTED

*Small groups; personalized instruction.*

**Make your check payable to:**

**UNION GROVE WRESTLING**

Send your registration and payment to:

Union Grove Wrestling  
c/o Coach Joey DiNino  
120 Eastlake Road  
McDonough, GA 30252

**HURRY!!**

**SLOTS WILL FILL FAST!!**

## WHAT IS THE STRENGTH PORTION OF THIS CAMP?

The strength portion is designed to help improve explosiveness, speed, and power. Your child will go through workouts designed to improve these important areas as well as flexibility and athleticism. Workouts will include weightlifting, plyometrics, core conditioning, dynamic flexibility, and more. **esp athletics** will give your child the tools necessary to succeed in any sport. For more information about **esp athletics**, their programs and goals, visit their website at [www.espathletics.com](http://www.espathletics.com).

### MISSION STATEMENT OF **esp athletics**

**esp athletics** has raised the bar in sports performance training. Our goal is not to outperform *our* competitors, but to have our athletes surpass *their* competitors. We will enhance the ability of individual athleticism in students in junior high and high schools.



**UGHS**

120 East Lake Road  
McDonough, GA 30252

Phone: 678.583.8502

Fax: 678.583.8850

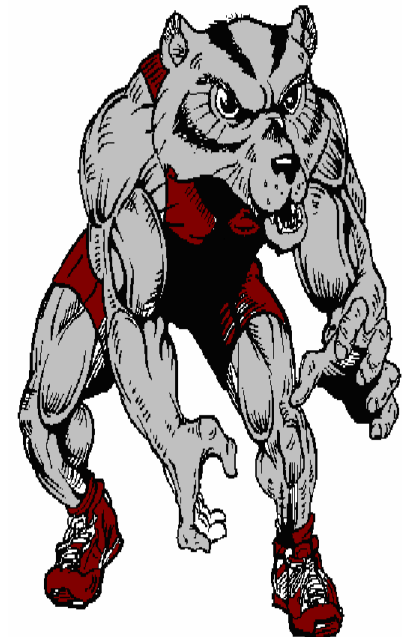
Email: [jdinino@henry.k12.ga.us](mailto:jdinino@henry.k12.ga.us)

**UNION GROVE WRESTLING**  
AND  
**esp athletics**

**PRESENT**

**CAMP  
OF  
FUTURE CHAMPS!**

**JUNE 8-11, 2009**



## CAMP DESIGN

**YOUTH:** This segment is designed for students in the fourth grade through the eighth grade, and will teach them the essential skills and techniques necessary to become a champion. While learning takedowns and skills, students will participate in drills and games meticulously calculated to improve their technique, balance, coordination, strength, and agility.

**HIGH SCHOOL:** Designed specifically for high school wrestlers who want to reach championship potential, both physically and mentally. Our camp is carefully structured to present high percentage scoring techniques from all three positions in a systematic fashion in order to maximize retention.

### TENTATIVE SCHEDULE YOUTH

9:00 a.m. — 10:15 a.m.	<b>Tech Session I</b>
10:15 a.m. — 11:30 a.m.	<b>Tech Session II</b>
11:30 a.m. — 12:45 p.m.	<b>Tech Session III</b>
12:45 p.m. — 1:15 p.m.	Lunch (bring your own)
1:15 p.m. — 2:45 p.m.	<b>esp athletics</b> Session

### TENTATIVE SCHEDULE HIGH SCHOOL

12:30 p.m. — 1:45 p.m.	<b>Tech Session I</b>
1:45 p.m. — 3:00 p.m.	<b>Tech Session II</b>
3:00 p.m. — 4:15 p.m.	<b>esp athletics</b> Session
4:15 p.m. — 5:30 p.m.	<b>Tech Session III</b>

## HIGH SCHOOL COACHING STAFF

**Joey DiNino** — Head Coach, UGHS

In just nine years, Coach DiNino has built the burgundy and gray into a highly touted state contender. He has guided the squad to seven top-10 finishes at the State Championships. He has produced 29 state placers, 11 state champions, 52 area champs, 21 National All-Americans, and has led the Wolverines to six top-6 finishes at the state duals, highlighted by a runner-up finish in 2004, and a 3rd place finish in 2009.

Other high school staff members may be added, based on enrollment numbers.

## YOUTH COACHING STAFF

**Jack Roberts** — 2009 AAAAA State Champ; 3-time AAAAA State placer; Scholarship to Brown University

**Joey Lazor** — 2-time AAAAA State Champ. 4-time AAAAA State placer; Scholarship to University of Northern Iowa

Staff will include other wrestlers from the Union Grove Wrestling Team.

## STRENGTH AND CONDITIONING STAFF

**Davon DeVeaux**— Speed and Strength Coach

3 years as UGHS Strength and Condition Coach

**Kelly King**—Strength Coach

**Robby McCullum**—Speed Coach (Intern)

## UNION GROVE WRESTLING CAMP/CLINIC

### REGISTRATION FORM

Wrestler's Name: \_\_\_\_\_  
Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_  
School Attending Next Year: \_\_\_\_\_  
Parent's Name(s): \_\_\_\_\_  
Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Emergency Phone: \_\_\_\_\_  
T-Shirt Size: \_\_\_\_\_

### INSURANCE RELEASE

I desire my child, \_\_\_\_\_, to attend the Union Grove Wrestling Camp/Clinic. I assume all risk for injury to my child, and release **esp athletics**, the Henry County Board of Education, and the Camp coaches from any liability concerning my child. I verify that my child is covered by adequate insurance and is in good physical health.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### EMERGENCY TREATMENT

I understand that if my child is injured or becomes ill, every effort will be made to contact a parent or guardian. If this is not possible, I grant permission for emergency medical personnel to be contacted and administer such treatment as is deemed necessary.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### COST:

By May 16th—\$100  
After May 16th—\$125