



# HILLS EAST WRESTLING

~ A COMMITMENT TO EXCELLENCE ~

## 2018 OFF SEASON

Parents/Guardians of West Hollow Wrestlers & Wrestlers,

I am writing to you to share some of the upcoming events/clinics/camps that are going to help you improve your wrestling skills. As many of you know, the season never ends! It is the training and hard work in the off-season that leads to success during the season. In this packet you will find a ton of information about upcoming events. Here is brief overview of them:

**1. Team Camp:** THIS YEAR WE WILL BE ATTENDING BUCKNELL UNIVERISTY TEAM CAMP. THIS CAMP IS JULY 8<sup>TH</sup> – JULY 11<sup>TH</sup>. AT CAMP YOU WILL HAVE AN OPPORTUNITY TO LEARN FROM BUCKNELL'S COACHING STAFF AND WRESTLERS. THIS CAMP WILL ALSO PROVIDE THE OPPORTUNITY TO WRESTLE OVER 12 MATCHES IN A WEEK!! THE COST OF THE CAMP APPROXIMATELY \$450. IF YOU ARE INTERESTED IN ATTENDING CAMP, PLEASE EMAIL ME AT [COACHD47@YAHOO.COM](mailto:COACHD47@YAHOO.COM) SO THAT I CAN ADD YOU TO MY LIST OF PEOPLE TO GET INFORMATION OUT TO. [BISONSYSTEMWRESTLING.COM](http://BISONSYSTEMWRESTLING.COM)  
I ENCOURAGE ALL INCOMING FRESHMEN TO ATTEND!! THIS IS A COMPETITIVE CAMP. IT IS RECOMMENDED YOU HAVE AT LEAST 2-3 YEARS EXPERIENCE

**2. Summer Workouts:** We will be hosting workouts on select nights during the summer months. These workouts are open to all HHH Wrestlers. Workouts will be on Thursday nights from 6-7:30. Attend 5 or more nights and receive a free tshirt. DATES OF WORKOUTS ARE:

6/28 , 7/12 , 7/19 , 7/26 , 8/9 , 8/16 , & 8/23

**3. Local Camps: See attached for more info**

- **Kings Park All Star** – June 25<sup>th</sup> – 29<sup>th</sup>

\* Great local camp with tons of kids to wrestle. Great way to prep for summer wrestling events. Commuter camp @ KP Middle School.

- **Sachem Wrestling Camp** – June 25<sup>th</sup> – 29<sup>th</sup>

\* Another great opportunity to wrestle heading into summer - Featuring 2x NCAA Champion and Olympic Gold Medalist - Kyle Snyder (OSU).

- **Tom Ryan's National Champ Camp** (OSU HEAD COACH)

August 6<sup>th</sup> – August 9<sup>th</sup> @ Islip Golds Gym

\* One of the best in the business comes back to Long Island to teach his winning ways!!

**There is a lot of info in this packet that will help continue to improve your wrestling skill, physical strength, and make you a better athlete!! Take advantage of what is being offered.**

**Remember you get out what you put in!!!**

**SIGN UP FOR COACH DAVEY'S TEXT REMIND GROUP  
ABOUT OFF SEASON, TOURNAMENTS, AND CAMP BY  
TEXTING THE MESSAGE**

**@HHHEW TO THE NUMBER 81010**

THANK YOU FOR YOUR CONTINUING SUPPORT OF THE WRESTLING PROGRAM!

ANY QUESTIONS OR CONCERNS PLEASE FEEL FREE TO CONTACT COACH DAVEY.  
CONTACT INFO: EMAIL- COACHD47@YAHOO.COM / wdavey@hhh.k12.ny.us  
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**[www.hillseastwrestlingteam.com](http://www.hillseastwrestlingteam.com)**

**THE HILLS EAST WRESTLING COACH STAFF**

*"More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill - none have wrestled without pride."- Dan Gable*