



# HILLS EAST WRESTLING

*A COMMITMENT TO EXCELLENT*  
**2023 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 TNT CAMP @ KUTZTOWN**

**UNIVERSITY. THIS CAMP IS JULY 23RD TO JULY 26TH.** AT CAMP YOU WILL HAVE AN OPPORTUNITY TO LEARN FROM KUTZTOWN'S COACHING STAFF AND WRESTLERS. THIS CAMP WILL ALSO PROVIDE THE OPPORTUNITY TO WRESTLE OVER 10 MATCHES IN JUST 4 DAYS!! THE COST OF THE CAMP APPROXIMATELY \$400. TRANSPORTATION WILL BE PROVIDED TO AND FROM CAMP. IF YOU ARE INTERESTED IN ATTENDING CAMP, PLEASE EMAIL COACH DAVEY AT [COACHD47@YAHOO.COM](mailto:COACHD47@YAHOO.COM) SO THAT HE CAN ADD YOU TO HIS LIST OF PEOPLE TO GET INFORMATION OUT TO.

**\*\*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 WEDNESDAY nights from 6-7:30. Attend 5 or more nights and receive a free t-shirt. DATES OF WORKOUTS ARE: 6/28, 7/12, 7/19, 8/2, 8/9, 8/16, & 8/23

**3. WEIGHT ROOM 101- NEVER BEEN IN A WEIGHT ROOM? NOT SURE WHERE TO START? JOIN THE COACHING STAFF AND LEARN YOUR WAY AROUND THE WEIGHT ROOM. LEARN THE TERMINOLOGY, LEARN THE EXERCISES GREAT FOR WRESTLING, LEARN THE CORRECT FORM. WEIGHT ROOM WILL BE ON THESE SELECT DATES/TIMES AT HIGH SCHOOL EAST WEIGHT ROOM (TRACK SIDE OF SCHOOL)**

DATE	4/4	4/29	5/20	6/5	6/20
TIME	10:30AM - 12PM	10:30AM - 12PM	10:30AM - 12PM	3:00-4:30PM	3:00-4:30PM

- ATTACHED IS A 3 DAY A WEEK WORKOUT PLAN FOR ANYONE THAT IS INTERESTED.

## 4. LOCAL CAMPS

- **SACHEM WRESTLING CAMP @ SAC. NORTH JUNE 26TH - 30TH**
  - GREAT LOCAL CAMP. GREAT FOR BEGINNERS. COMMUTER CAMP
  - VISIT FOR MORE INFO: <https://www.sachemwrestlingcamp.com/>
- **BARN BROTHERS @ BABYLON HS AUGUST 7TH -10TH**
  - ANOTHER GREAT LOCAL CAMP. GREAT TECHNIQUE! CROSSFIT TRAINING WORKOUTS TOO!
  - GREAT FOR BOTH EXPERIENCED AND YOUTH WRESTLERS!
  - SEE ATTACHED FOR MORE INFO
- **POWAY CHAMP CAMP @ LONG BEACH HS JULY 24TH - 27TH**
  - GREAT TECHNIQUE WITH SOME OF THE BEST IN WRESTLING!
  - SEE ATTACHED FOR MORE INFO

**5. OFF SEASON WRESTLING APPAREL PACKAGE:** COACH DAVEY IS OFFERING AN OPPORTUNITY TO PURCHASE THE HIGH SCHOOLS OFF SEASON WRESTLING PACKAGE FOR ANYONE THAT WISHES. THE PACKAGE COST \$100 AND INCLUDES A SINGLET, T SHIRT, & CREWNECK SWEATSHIRT. IF YOU ARE INTERESTED IN PURCHASING PLEASE RETURN PAYMENT AND FORM TO COACH PINOLA, COACH VENTIMIGLIA, OR COACH DAVEY BY FRIDAY, MARCH 22ND.

\*\* PLEASE SEE ATTACHED FOR ADDITIONAL INFO\*\*

**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**

**@HEWRESTLIN 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**

**[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**