

New England Assassins

Intensive Wrestling Camp & Clinic

Training future “hammers” the way NCAA division 1 wrestlers train, the way ASSASSINS TRAIN. Assassins wrestling camp is designed for serious athletes wanting to PUSH themselves and WILLING to BATTLE through 3 days of wrestling agony while training like a champion. This camp tests your physical and mental limits. Wrestlers work on technical/tactical wrestling skills, undergo a rigorous strength and conditioning regimen and come away with the tools necessary to become Wrestling Assassins. We are pleased to announce our wrestling camp and clinic staff will consist of NCAA Division 1 athletes from The University of Wisconsin, Ohio State, Iowa State, Lock Haven University and Penn State. The winter battles will be here before you know it!

Date: **Camp:** Friday, July 26th – Sunday July 28th
Clinic: Friday, July 26th @ 4 pm, Saturday July 27th 1-3pm and Sunday July 28th @ Noon

Place: Saint Anselm College
100 Saint Anselm Drive
Manchester, NH

Camp Time: Friday 7 am – 6 pm
Saturday 7 am – 7 pm
Sunday 7 am – 4 pm

Eligibility: **3 DAY CAMP:** Grades 7 – College (grade is defined as your 2019 – 2020 school grade year)
All wrestlers participating in the New England Assassins Intensive Wrestling **Camp** MUST hold an active membership in NH-WAY. If you do not have an NH-WAY card you will be prompted to purchase one during registration.

CLINIC: 3rd grade - Age 112. Three clinic sessions for Wrestlers and Coaches on Friday, Saturday & Sunday.

Registration Link: <https://nhway.sportngin.com/register/form/021449951>

Registration Fee: **CAMP:**
Early registration fee (now – June 11th) \$220.00 + processing fees
Registration fee after June 11th - \$260.00 + processing fees
Online registration is required by July 19th
Camp enrollment automatically includes the Clinic
Camp meal plans can be purchased for an additional \$50.00 - this includes Breakfast, Lunch & Dinner – a total of 7 meals

CLINIC:
Registration for three clinics is \$100.00 total. There is no discount for only attending one clinic

What to bring to

Running Shoes

Camp:

Wrestling Shoes

Shower Gear

Towels and Extra Clothes to change into between sessions

T-Shirt with name on back (you can write your name on shirt, use a shirt with name already on it)

Money for concessions – Breakfast, Lunch, and Dinner will be available for purchase

Medications that are needed for camp (inhalers, epi pen, etc.)

Recovery time items (wrestlers will have 90 minute breaks to eat, hydrate, rest, enjoy outdoor time)

Camp Agenda FRIDAY:

7:00 – 7:30 am	Check in and Break into Groups
7:30 – 8:30 am	Running Groups for 1 hour
8:30 – 9:30 am	Breakfast / Recovery (eat now not before)
9:30 – 11:30	Session 1 x 120 minutes
11:30 – 1 pm	AM Break x 90 minutes
1:00 – 2:30 pm	Session 2 x 90 minutes
2:30 – 4:00 pm	Lunch / Recovery x 90 minutes
4:00 – 6:00 pm	Clinic
6:00 pm	Wrap up / pick up

Camp Agenda SATURDAY:

07:00 – 8:30 am	Session 1 x 90 minutes (Drilling)
8:30 – 10:00 am	Breakfast and Recovery x 90 minutes
10:00 – 11:30	Session 1 x 90 minutes (Hard Practice)
11:30 – 1pm	Lunch and Recovery x 90 minutes
1:00 – 3:00 pm	Clinic
3:00 – 3:15 pm	Break
3:15 – 4:00 pm	Running Groups – Campers only
4:00 – 5:00 pm	Dinner
5:00 – 7:00 pm	Mini Dual Tournament for Campers only (parents welcome to attend and watch)
7:00 pm	Pick up

Camp Agenda SUNDAY:

0700	Session 1 x 90 minutes
0830 – 9:30am	Breakfast / Recovery x 1 hour
9:30 – 11 am	Session 2 x 90 minutes
11:00 – 12:00	LUNCH x 90 minutes
12:00 – 1:30	Clinic
2pm – 3:00 pm	5K RUN – Friends and Family are welcome to arrive for the 5K and cheer their wrestlers on as they begin and complete the final event of this 3 day intense camp. It is time to celebrate their success!
3pm	Closing Ceremonies and awards – All are welcome to attend

2019 Assassins Wrestling Staff:

NAME:	ORGANIZATION:	CAREER HIGHLIGHTS:
Brock Hoffman	Bow High School Head Coach NE Assassins Camp Director	2018 & 2019 Coach of the Year Lock Haven University
Matt Smith	Smitty's Barn	4 time New England Champion Penn State University
Jhonni DiJulius	Ohio State	4 time NCAA All American qualifier Ohio State
Chris Bono	Head Coach University of Wisconsin	Big 12 Coach of the year 4 time NCAA qualifier 3 time All-American for Iowa State 2 time Unites States National Champion
Jon Reader	Assistant Head Coach University of Wisconsin	Pan American Silver Medalist 3 time All-American for Iowa State NCAA National Champion (39-0 record) 2 time World Team Member