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2018 SPARTAN WRESTLING CAMP - VERMONT

REGISTER

SPARTAN WRESTLING CAMP 2018

- High School 3 Day Intensive -

June 8-10
Pittsfield, Vermont
Cost: \$225
Location: Riverside Farm, Pittsfield, Vermont

2 day Intensive Wrestling Camp.



Returning for its 4th year in Vermont, Spartan Wrestling Camp delivers a world-class wrestling camp experience combined with the grit of a Spartan Race.

Hosted at the picturesque Riverside Farm, our team of coaches will provide three days of immersive wrestling experience. Over these three days you can expect to learn the secret to being a successful wrestler, and how to carry this success to other paths in life. Forging Future Champions in Wrestling and Life!

It's no secret that elite wrestling happens in Pennsylvania. It's also no secret that winning at the elite level is hard work. The Mat Factory Wrestling Club exemplifies this and has produced state and national champions in arguably the most competitive region year after year. What makes this possible? What is it that pushes these wrestlers on to the next level? Learn what it takes from two former All American's, Shane Valko and Chris Dempsey. Push your limits under the guidance of team. Learn the time tested techniques from our special guest clinician Ahad Javansalehi, the Assistant National Greco-Roman Coach for Team USA and 2 time competitor for Iran in the Olympics. Family are welcome to join us for a 1pm Spartan Tournament on Sunday, which will be followed by Awards and BBQ with guest speaker Joe Desena.



Underground Strength Coach Zach Even-Esh and Spartan Race founder and CEO Joe De Sena at camp.

Camp will include a visit from Joe De Sena, founder and CEO of Spartan Race, NYT Best Selling author, and host of the Spartan Up podcast. Joe will share with the wrestlers his blueprint, based on the tenets of Spartan living from Ancient Greece, that includes the benefits of simple eating, smart training, mastering resilience and an all-out commitment to reaching one's goals. These Spartan principles have been "battle tested" by millions of Spartans.

Expect other surprise guest coaches, past guests have included Underground Strength founder Zach Even-Esh, Cornell Wrestling coach Rob Koll, MMA fighter Charlie "The Spaniard" Brenneman, and Olympian Nate Carr.

2018 COACHES INCLUDE:

Shane Valko: the 2010 NCAA Division II National Champion, National tournament Outstanding Wrestler and NWCA National Wrestler of the Year, joined Coach Pat Pecora's staff prior to the 2011-12 season. Valko is a former four-time National Qualifier and three-time All-American. Undeclared Amateur MMA career.

Chris Dempsey: Pro Fighter, Two Time All-American at University of Pittsburgh at Johnstown, UFC and Bellator MMA Veteran, Agoge Finisher (002).

Cullen Maaq: Bodyworker, Agoge Finisher (002), Yoga Instructor, Spiritual Guide.

Dylan Davis: History Channels: The Selection, Death Race and Agoge Finisher, SGX Coach

SPECIAL 2018 GUEST COACH!

Ahad Javansalehi: A native of Iran who was a two-time Olympic Greco-Roman athlete for Iran, Ahad Javansalehi brings international experience as an athlete and coach, along with a background in coaching here in the United States.



2018 SCHEDULE (SUBJECT TO CHANGE)

Wrestlers should show up at 8am Friday the 8th. Parents pick up Sunday at 3pm, (come at 1pm if to want to watch the tournament and awards.)

Friday -

Positivity and Support

9-9:30am Name Game and Warm Up
9:30-10:30am Technique with Shane and Demps
10:30-10:45 Break
10:45-12 noon SGX Workout
12-1:00pm Lunch
1:00-1:15pm Event + Response - Outcome
1:15-2:45pm Technique with Shane and Charlie
2:45-4pm Live Wrestling/Situations
4:00pm-4:30pm Support System, Team Building

Saturday -

True North

9-9:30am Warm Up
9:30-10:30am Technique with Demps and Charlie
10:30-10:45am Break
10:45-12 noon SGX Workout
12-1pm Lunch
1:00-12:30pm Happiness Diagram
12:30-2:00pm Technique with Charlie and Shane
2:00-2:30pm Live Wrestling/Situations
2:30-3pm Support System, Team Building

Sunday -

Grit and Resilience

9-9:30am Warm Up with Ahad
9:30-10:30am Technique with Shane and Demps
10:30-10:45am Break
10:45-11:30 noon SGX Workout, YOGA/Breathing
11:30-12:15pm Break for Lunch
12:15-12:30pm Discomfort, Success/Honor Diagram
12:30-1:00pm Warm Up with All Coaches
1:00-2:30pm Spartan Tournament
2:30-3pm Awards and BBQ, Guest Speakers