



2022 FRANKLIN SABER WRESTLING CAMP **July 15th & July 16th**

Featuring
Dennis Papadatos (HC-Hofstra Univ.) and Hofstra Wrestlers
Franklin High School
Open to all wrestlers from 4th – 12th Grade

- High intensity camp focused on skill enhancement
- Commuter camp with refreshments, lunch, and dinner provided for all wrestlers
- Limited to the first 50 wrestlers to maintain a low wrestler to coach ratio(<10:1)
- Other counselors will be highly successful coaches and wrestlers with local roots
- Camp fee \$170, performance T-shirt included. (Checks payable to **Franklin High School**)

The main purpose of this camp will be to provide a fun but focused atmosphere to assist wrestlers with taking their abilities to the “next level”. It will be a power packed weekend covering all aspects of wrestling including takedowns, mat wrestling, strength and conditioning, and mental toughness. Camp will include drilling, live wrestling, situational wrestling, and games meant to enhance all wrestling skills.

Please complete the registration form, athletic camp waiver, and concussion plan agreement. Registration, paperwork, and payment can be completed online. Please follow the link listed below:

www.tinyurl.com/franklincamps

Registration Deadline: June 15, 2022

If you have any questions, please contact:

Devoll Sino – FHS Head Wrestling Coach

devoll.sino@franklin.k12.wi.us

414-248-0143

Tentative Camp Schedule (subject to change)

Friday July 15th:

Time	Activity	Location
7:45am – 8:15am	Wrestler Check-In	Upper Gym/Wrestling Room
8:30am – 9:00am	Welcome to Camp, Overview, Introductions	Upper Gym/Wrestling Room
9:15am – 9:30am	Warm-up	Upper Gym/Wrestling Room
9:30am – 11:00am	Technique Session – Focus on Neutral Position	Upper Gym/Wrestling Room
11:15am – 1:00pm	Rest and Lunch	MPR and Upper Gym
1:15pm – 3:00pm	Hard Practice, Drilling, and Live Wrestling	Upper Gym/Wrestling Room
3:15pm – 4:15pm	Strength and Conditioning Intro/Workout	Weight Room/Upper Gym
4:30pm – 5:45pm	Rest and Dinner	MPR and Upper Gym
6:00pm – 7:15pm	Technique Session – Focus on Bottom Position	Upper Gym/Wrestling Room
7:15pm – 7:45pm	Team Building/Game Time	TBD

Saturday July 16th:

Time	Activity	Location
7:30am – 7:45am	Wrestler Check-In (Assign to 3 groups)	Upper Gym/Wrestling Room
8:00am – 9:00am	Light Run and Conditioning (3 groups)	Square/Weight Room/Upper Gym
9:15am – 11:00am	Technique Session – Focus on Neutral Position	Upper Gym/Wrestling Room
11:15am – 1:00pm	Rest and Lunch (Pool Time)	MPR, Upper Gym, and Pool
1:15pm – 3:00pm	Technique Session – Focus on Top Position	Upper Gym/Wrestling Room
3:15pm – 4:15pm	Strength and Conditioning Workout or	Weight Room/Upper Gym
	Mental Attitude and Motivation	Upper Gym/Wrestling Room
4:30pm – 5:45pm	Rest and Dinner	MPR and Upper Gym
6:00pm – 7:00pm	Hard Practice, Drilling, and Live Wrestling	Upper Gym/Wrestling Room
7:00pm – 7:30pm	Team Building/Game Time	TBD
7:30pm – 8:00pm	Facility Cleanup and Wrestler Dismissal	MPR/Upper Gym/Cafeteria