



Wrestling Academy Of South Australia



Wrestling Academy SA - Youth  
Wrestling Academy SA



wrestling\_academy\_sa

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# Itinerary for Camp

|                 |  |
|-----------------|--|
| What:           | Wrestling Academy SA fundraiser camp   |
| When:           | 15 <sup>th</sup> , 16 <sup>th</sup> , 17 <sup>th</sup> March 2019  |
| Where:          | Noarlunga Leisure Centre,<br>32 David Witton Drive,<br>Noarlunga,<br>Adelaide  |
| Gear:           | <ul style="list-style-type: none"> <li>• Wrestling boots</li> </ul> <p>(If you do not own boots, it is not a requirement and barefoot is okay)</p> <ul style="list-style-type: none"> <li>• Clothing that contains <u>NO</u> zips, metal parts or plastic such as buttons</li> <li>• <u>NO</u> jeans, loose fitting clothing is okay such as fabric track pants and t-shirts</li> <li>• Hair ties that contain <u>NO</u> metal parts</li> <li>• Mouth guards may be worn but are not required</li> </ul>   |
| Hygiene/Health: | <ul style="list-style-type: none"> <li>• When wearing wrestling boots please refrain from wearing them anywhere else but the mat.</li> <li>- <u>DO NOT</u> wear them in the toilets</li> <li>- <u>DO NOT</u> wear them outside</li> <li>- <u>NO</u> street shoes to be worn on the mats</li> </ul> <p>(As doing so may cause contamination on the mat and risk others and/or yourself in catching ringworm or staph.)</p> <ul style="list-style-type: none"> <li>• <u>NO</u> jewellery or watches to be worn during training</li> <li>• If you have braces please wear a mouth guard</li> <li>• Finger nails and toe nails cut short to avoid scratching and opening of the skin</li> <li>• Hair tied back and kept out of face and to prevent from being ripped out</li> <li>• Please bathe after practices and wear clean training gear and deodorant before practice</li> <li>• Due to no immediate doctor on site of the camp, any injuries or niggles to be taped up and reported before commencement of camp</li> </ul> <p>(Under no circumstance are you under any obligation to continue to do movements that hurt too much, please let training partner know and avoid any further injury.)</p> <ul style="list-style-type: none"> <li>• Drink plenty of water during the trainings, stay hydrated also keep a towel near by the mat to wipe away sweat and spare shirts to change into.</li> </ul> |
| Contact:        | Luba Hofr: 0411-150-657<br>Tayla Ford: 0466-386-492  |

# Training Camp Schedule

|           | Friday   | Saturday  | Sunday   |
|-----------|--|---|--|
| Morning   | -  | 08:00 – 10:00<br><u>Technique Training</u><br>- Warm up, 20'/30'<br>- Ground attack, 10'<br>- Ground attack, 10'<br>- Ground defence, 10'<br>- Ground attack, 10'<br>- Situational Wrestling from ground<br>Group of 3/4, 30" ea.<br>Defend, 20'<br>Group of 3/4, 30" ea.<br>Attack, 20'<br>- Warm down and stretch | 10:00 <u>Recap training</u><br>- Warm up, 20'/30'<br>- Leg attacks, 15'<br>- Leg defence, 15'<br>- Ground attack, 15'<br>- Ground defence, 15'<br>11:30 <u>Q&amp;A</u><br>This is the part of the camp to ask for help on anything you are unsure of from the coaches<br><br>FINISH CAMP |
| Afternoon | -  | Lunch/Rest  | -  |
| Evening   | 18:00 – 20:00<br><u>Intro. 15'</u><br><u>Technique Training</u><br>- Warm up, 20'/30'<br>- Leg attack, 10'<br>- Leg attack, 10'<br>- Leg defence, 10'<br>- Leg attack, 10'<br>- Situational Wrestling from leg<br>30" ea. Position x5 partners, 20'<br>- Warm down and stretch | 17:30 <u>Matches</u><br>- Warm up, 20'<br>4 pairs on the mat at a time;<br>3' wrestle<br>30" rest<br>3' wrestle<br>- Switch 4 pairs on the mat<br>19:30 warm down, stretch  | -  |

' = minutes  
 " = seconds

## Additional Information

This camp's set price is \$100.00 per person, unfortunately there is no set prices for each training, so don't miss out come to all the scheduled sessions!

This camp will accommodate to those with any experience level. You will get the opportunity to learn basics of techniques and given the chance to put them in play.

- When attending this camp we require from you nothing more than open mindedness, encouragement and a 'give it a go' attitude. If you have any questions about any of the movements do not be afraid to ask as we will, to the best of our ability, answer and solve your question/s.

Please respect one another and coaches.

- Please refrain from practicing submission and striking arts while attending the wrestling trainings. Once trainings are finished you are free to practice what you wish.
- Mat burn may occur whilst training and may affect the way you do movements, so please be aware of this.

There is food and drink available for purchase at venue; feel free to bring your own in case they have nothing that meets your needs.

- Through the duration of the camp you will need to provide food yourself, shower and lodging will be provided. – Bring bedding and towel.
- If you are coming from the North of Adelaide and are in need of somewhere to stay through the duration of the camp please let us know with notice and we will arrange a spot for you. Men and Women will stay at separate locations.



# Wrestling Academy SA

FUNDRAISER CAMP!  
15-17 March 2019

**\$100.00 = 4, 2hour sessions**

Help get our Wrestler, Tayla Ford, to this year's Oceania tournament in Guam to help qualify her for Worlds this year in Kazakhstan 🇰🇿

- Fri. - 6pm till 8pm (Technique)
- Sat. - 8am till 10am (Technique)
- Sat. - 5:30pm till 7:30pm (Matches)
- Sun. - 10am till 12pm

(Recap&questions)

**Location:**

**Noarlunga Leisure Center,  
32 David Within Drive,  
Noarlunga**



Places available to stay over camp duration.



 Wrestling Academy SA  
Wrestling Academy SA - Youth

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