

Wrestling

SESSION 4: July 24-30 (Boys & Girls 9-17)

Olympia's personalized Wrestling development program is Canada's first resident summer wrestling camp with 35 years of experience running fun and challenging wrestling programs.

There is a one-week long session with separate boys and girls programs maintaining a ratio of 1 coach for every 6 campers.

This camp is for all levels of wrestlers, from novice to national medalist.

One group of wrestlers will be introduced to basic concepts and

What Makes our Summer

wrestling community of everyday Heroes Unique?

Your experience will develop you as a wrestler and as an individual on and off the mat and will leave you feeling part of a Community of Every Day Heroes.



the advanced techniques and tactics used by world champions.

Technique is the key to wrestling. Moves are taught and learned using different methods of drilling. Learn new ways to warm up and new ways to drill.

FEATURES:

The area of mental preparation, dieting, strategy, and weight-lifting are also covered

Two mat sessions plus one conditioning session every day

Awards for excellence are given at the Closing Ceremony

Special guest clinicians

Become an Everyday Hero of your own Story Program

for a truly unique experience.

CHRIS KELMAN (Coach & Director)

Vice Principal - David Suzuki Secondary School (2018 to present)

Ontario Principal's Council (OPC., 2014)

Proprietor and Head Coach of Real Amateur Wrestling Club (1996 - present)

Coach of David Suzuki S.S. (2018 – present)

Certified in Standard First Aid & CPR

3 X Provincial Senior Men's Judo Champion (1991, 1992, 1993)

2 X OFSAA Boys Champion Coach (Heart Lake S.S., 2011 & 2013)

OUR SUMMER COACHES

Olympia scouts the best adult coaches from all over Ontario to coach our Wrestling program. All adult coaches have experience coaching at either the rep, high school, college, university or national level and are extremely passionate about youth development on and off the mat.

All Olympia Coaches implement Canada's Long Term Athletic Development Model that provides an optimal training environment for camper athletes based on their developmental age and specified phases of loading drills and learning.

OUR SUMMER STAFF

Our summer long camp staff always make sure that all campers are safe, supported and valued. Each camper will be in a cabin of 9- 12 people with 2 highly trained counsellor staff.

High Level Wrestling Development in a Traditional Camp Setting

On top of 5-6 hours of great wrestling development a day, campers will enjoy all the beauty of a traditional camp and its programs,

Kayaking
Paddle boarding

Sailing

Windsurfing

Arts and Crafts

Tie Dye

Play other sports offered during down time

New friends & teammates
3 nutritious meals

Camp wide games

Evening programs

Much more

Stay in newly renovated Cabins
Challenge Tower

High Ropes

Giant swing

Zip line

Swimming at the Water front

Inflatable water park

Canoeing

SUMMER SCHEDULE



