

# Berkley Parks & Recreation Berkley Panthers Wrestling Club

# **WRESTLING CAMP**



This camp is a fun introduction to the sport of wrestling with skills and drills that teach wrestling and incorporate physical fitness into the clinic. We will cover positions, moves & rules with a focus on sportsmanship and training through adversity. Wrestling Camp is energetic, fast paced & entertaining.

**Panthers Coach, Aaron Dean**

Ages 5 - 9

July 16 - 18

Ages 9 & Up

July 18 - 20

6:00 - 8:00 pm

Cost \$40

Location:

Berkley High Wrestling Room  
2325 Catalpa  
Berkley



**Berkley Parks & Recreation**

**2400 Robina Ave**

**248.658.3470**

**Register Online at**

**[berkley.maxgalaxy.net](http://berkley.maxgalaxy.net)**



**Special  
Guest:  
Olympic  
Wrestler  
Jake  
Herbert  
July 18th  
6 - 8pm**



*2012 Olympian Freestyle 84kg  
2011 Pan American Games Gold Medalist  
2009 World Silver Medalist  
3x US Open Champion (2009-2011)  
2x NCAA Champion  
4x NCAA All-American  
2009 Dan Hodge Trophy Recipient  
3x Big Ten Champion  
Pennsylvania State Champion*