

BAY AREA DRAGONS



Bay Area Dragons Wrestling Club Elite Summer Camp

Hosted by Greg Varela

June 14th- June 16

\$275 per wrestler / \$225 per sibling prior to 6/7 (\$375 after 6/8/19)

\$225 per wrestling team of 10 or more

\$225 for current 2019 Fargo Team Members

\$225 for Summer 2019 Grand River Rumble Team Cali Members

\$100 CIF High School State Finalists

\$225 CIF High School State Placers

Registration online at [/www.bayareadragonswrestlingcenter.org](http://www.bayareadragonswrestlingcenter.org)

Greg Varela has hosted summer camps for over 10 years. Future NCAA champions, NCAA All-Americans, State Champions, and High School All-Americans have all attended and thrived at camps thrown by Greg Varela. There are no games and no contests. Technique, drilling, and live sessions is our main focus. We gather the most talent we can in one room and let them train together in a safe environment. This camp is not geared for wrestlers with less than 1 year experience. The technique shown will be high level as well as positioning in different situations. If you are a section qualifier and didn't make it to state, this is your opportunity to wrestle with the best as well as kids of your caliber. At night, we put on music and have live goes with as many matches as you can handle.

I am proud to announce our first ever concurrent GIRLS ONLY camp! This will be run by a national caliber female clinician and will include separate, supervised sleeping quarters/showers, instruction, and drilling with live COED.

Saturday Breakfast, Lunch, and Dinner will be provided. On Sunday, only breakfast will be provided. At night after showers, pizza, snacks, and drinks will be available for purchase.

**** Every wrestler is required to shower after every session**We will mop the mats after every session ****

Fri	Sat	Sun	Things to bring
Check in 5pm 6pm-8pm Session I 8:30 pm-9:30 pm Live Session	7:30am Breakfast 9am-11:30am Session II 12:30pm-1:30pm Lunch 2:00pm-4:30pm Session III 5:00pm-6pm Dinner 6:30pm-9:00pm Session IV 9:30-10:30p Live Session	7am-8am Breakfast 8:30am-11am Session V 11:30am Check out	- Towel - Soup/shampoo - Shower flip flops/shorts - Air mattress we Sleep on mats - Change of clothes for every session. - Plastic bag for all your dirty clothes.

Location: Los Gatos High School Gym with wall to wall mats
20 High School Court
Los Gatos, CA 95030

For questions, please contact Coach Greg at bayareadragonscoachgreg@gmail.com

"Greg Varela Camps are the best for all my wrestlers. I know when they are there they are safe and will be working hard "

"When I was head coach at Clovis West I sent 20 kids to Greg's camps every summer.

"I grew up in these camps. I got to wrestle Reno and Tulsa Champs every night. Here we

- Steve Strange

Best camp and half the price of
all the other camps” - Ian Shaw

are now, all D1 wrestlers and All
Americans”
- Paul Fox