

# BARN BROTHERS WRESTLING TRAINING CAMP

August 5<sup>th</sup> – 8<sup>th</sup> 2024  
Babylon Elementary School  
171 Ralph Avenue, Babylon, NY  
Time: 9am – 3pm Full 9am – 12noon ½ Day



**REGISTER AT [www.babylonwrestling.com](http://www.babylonwrestling.com)**

This camp is for wrestlers of all ages and ability levels that are looking to bring their wrestling to the next level. Campers will be put into groups based on their current level of technique, training intensity and mental toughness. This camp will incorporate appropriate technique for all skill levels, strength and conditioning, live wrestling, and games and some of the best clinicians that Long Island and the nation has to offer.

Chris Wade- NYS Champion/JUCO All-American: MMA Fighter  
Mike Patrovich- 2x Div. 1 All-American. Babylon Coach  
Ryan Patrovich- 2x NYS Champion/Div 1 Qualifier  
Jamie Franco- Div. 1 3x NCAA Qualifier, Columbia Univ. Asst. Coach  
Jesse Dellavecchia – Div. 1 NCAA Finalist, LIU Asst. Coach  
Brian LoPalo – Youth Developmental Coach



½ Day Camp \$150.00 if register prior to 7/1 \$175.00 after 7/1  
Full Day Camp \$225.00 if register prior to 7/1 \$275.00 after 7/1

Contact: Dan McHugh

516-527-4045

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## CAMP SCHEDULE

### **½ DAY CAMP SCHEDULE (Fundamental)**

9:00-9:30	Warm Up/Stretch/Review
10:00-10:30	Instruction/Technique/Drills
10:30-10:45	Snack
10:45-11:15	Game
11:15-12:00	Live Wrestling Practice

### **FULL DAY CAMP SCHEDULE (Tentative Training Camp)**

9-9:30	Training
9:30-10:00	Warm Up/Executive Drills
10:00-11:00	Technique/Instruction
11:00-12:00	Lunch
12:00-1:00	Technique/Instruction
1:00-1:30	Camp Competition
1:30-2:30	Live Wrestling Practice
2:30-3:00	Camp Talk

