

Camp Dates

Please check box of selected camp

- ~~April 12th, 13th, & 14th 2010~~
 October 11th, 12th, & 13th 2019

Cost \$275.00 per camp

Deposit \$75.00 per camp

Payable to: Sunset Sports Camp

You will be sent information if accepted into camp.

Any questions: email: alan@friedwrestling.com / Ph.: 216-317-2361

www.sunsetwrestlingcamp.com

Wrestler Name: _____
Home Address: _____
City, State, Zip: _____
Phone: _____ Cell: _____
Age: _____ Weight: _____
Experience: _____
Email: _____

Medical Waiver / Liability Waiver

In consideration of your acceptance of my application, or my Child's application, I agree to be legally bound for my heirs, my executors and administrators, waive and release Alan Fried, Sunset Sports Camp, his agents, his staff, his coaches, and representative from any and all claims of rights to damages for injuries or losses suffered by me, directly or indirectly traveling to and from, and training at camp. In case of injury or illness, I understand and agree that Alan Fried or counselors can authorize medical treatment.

Parent/Legal Guardian Signature _____ Date _____
Wrestler's Signature _____ Date _____

MAIL TO: SUNSET SPORTS CAMPS
1001 s. Prospect St. Suite 101
Marion, Ohio 43302

Fried Wrestling

Academy

Leg Attacks & Finishing Camp



Alan Fried
Three Day

Wrestling Camp
~~April 12th, 13th, & 14th 2010~~
October 11th, 12th, & 13th 2019

www.sunsetwrestlingcamp.com

Featuring

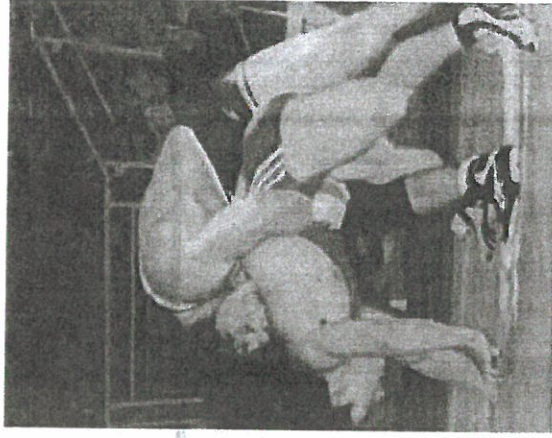
Coach Alan Fried

- NCAA Division I Champion
- 2X NCAA Runner-up
- 3X NCAA 1st Team Academic All-American
- Pan American Championships Champion
- 2X University National Champion
- 2X Espoir National Champion, 2x Outstanding Wrestler
- Espoir World Champion, Best Technical Wrestler Award
- 4X Junior National Champion (29 year record)
- 3 X Division I Ohio High School State Champion
- 3x Pennsylvania Junior High State Champion



Camp Features:

- *All instruction by Alan Fried
- *Indoor pool
- *Quite Country setting
- *Outdoor running track
- *Free meals
- *All campers sleep in bunks



Mission Statement

Leg Attack & Finishing School

The philosophy of this camp is to develop the highest level of confidence in a wrestler to initiate action and attack your opponent using a takedown system that truly covers each and every position that occurs during a leg attack takedown. Over the course of the weekend, we build up the wrestler's knowledge base with elite level information on performing the most effective and most fundamentally sound scoring techniques. The sessions are designed to create a sense of comfort and familiarity with awkward positions and for the wrestlers to always know, "where they are" and "what comes next". Throughout the camp, each technique is dissected and explained.

Our goal is for each wrestler of any age or skill level to begin to see how techniques involved in finishing takedowns is an aspect of wrestling that can be mastered by any wrestler, regardless of their level of athletic ability. This camp is more than just a basket of moves. This camp is going to raise the athletes "Wrestling I.Q." to a level beyond where most wrestlers ever even strive to understand the sport.

~Alan Fried~

---www.friedwrestling.com---