



2024 Bulldog Summer Camp



***** Sport Performance and Wrestling*****

Bulldog Summer Camp will combine wrestling and sports performance to improve the overall athleticism of each student. The morning sessions will combine the training and development of speed/agility, strength/power, flexibility/coordination, and injury prevention through the learning of calisthenics, plyometrics, cone drills and proper weight training techniques. Afternoon sessions will include learning wrestling skills through drills, techniques and games. Wrestling is a sport that is more demanding in the physical preparedness than other sports and will help each athlete increase their self-confidence and self-discipline to improve overall athletic ability. Campers will be split up between novice and advanced throughout the day. Students will also play sports and fun games to learn teamwork strategies and sportsmanship. Beginning wrestlers and athletes are welcome!

Dates: Week 1: July 8 – July 12
Week 2: July 15 – July 19
Week 3: July 22 – July 26
(Register for all 3 weeks for a discounted price!)

Location: T.B.D.

Time: 9:00am - 2:00pm

Register: Register Online at www.myschoolbucks.com

Director: Ryan Corbosiero: PE Teacher and Wrestling Coach

Contact: Coach Corbosiero: Rcorbosiero@montclair.k12.nj.us or 973-332-6470

Cost: \$200 per week Parents/guardians provide lunch (NUT FREE PLEASE!)
\$500 for all 3 weeks
No refunds after June 3, 2024

Grades: Students entering 2nd grade through 8th grade

Projected Schedule of Activities:

- ~ Warm Up Games
- ~ Flexibility and Tumbling
- ~ Speed, Strength, and Agility Training
- ~ Sports Games
- ~ Lunch Break and Film Study
- ~ Wrestling Skills, Drills, Techniques, and Games
- ~ Dismissal/Pick Up

MFEE Scholarships Available

****Register online at www.myschoolbucks.com****