



Avery Zerkle's Golden Cross Wrestling Pre-Season Camp

Sponsored by: Orting Wrestling

Are you ready to put yourself to the test? The Golden Cross System will cover all aspects of wrestling that will help you step up to the next level. This camp will set a foundation of the basics of wrestling and then build to the most advanced techniques and drills that will challenge every wrestler. These techniques coupled with the intense drilling and live wrestling will get you ready to compete at the highest level possible.

Take advantage of this opportunity to attend a quality camp close to home. You will have the opportunity to train with quality partners throughout your geographic area. The Golden Cross Staff will insure personal attention and quality technique throughout the camp. Be prepared for intense drilling and live wrestling during every session. Please contact us if you need further details.

****Cost includes instruction, live wrestling, down time activities/supervision, and water bottle. Campers provide their own meals.**

Camp Date: October 23-25, 2009

Sessions:	Friday	5:30-7:30pm		
	Saturday	9:30-11:30am	1:00-3:00pm	4:00-6:00pm
	Sunday	9:30-11:30am		

Check-In: Friday 5:00pm First Session starts at 5:30pm

*Campers are responsible for their own food and drinks. Water will be provided.

*Parents are welcome at any time. Feel free to watch, take notes, or film during any session.

Camp Cost: \$75

Camp Contacts: Rick Farrington 253-226-3051 rlf4x4@msn.com
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Avery Zerkle

Head Coach Cincinnati La Salle High School
Head Coach Springboro High School 2006 to 2008
Head Coach Graham Jr. High 2003-2006
Volunteer Assistant Graham High School 2002
2x NCAA Qualifier at Lock Haven University
NCAA Eastern Wrestling League Champ
NCAA Pennsylvania Athletic Conference Champ
Ohio State Champ/State Runner-Up at Graham High School
Jr. National Freestyle Duals National Champ
Jr. National Freestyle All-American
Sr. National All-American

Tony Farrington

4 x WA State Placer
3 x WA State Champ
Fila All-American 2005
 Fargo All-American 2004

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