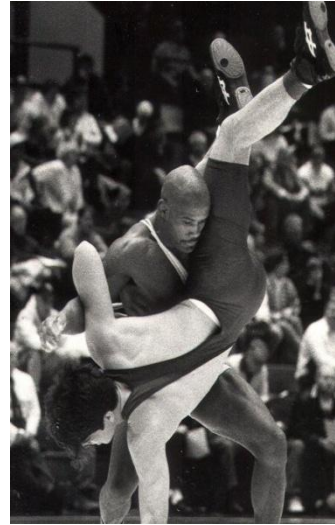


# TEAM GRIFFIN WRESTLING CAMP



At Team Griffin Wrestling Camps we emphasize drilling to perfection. Our folkstyle techniques are based around the nationally renowned Granby System Wrestling. The skills and techniques taught will be drilled repetitively so that you can learn them, remember them, and be able to execute them. All holds will be broken down into segments to help you master all techniques faster. With a structured series of technique and closely supervised drill sessions you will be able to score with your techniques on the way to reaching your highest goals. We will show you how to take individual holds and put them together in a series that allows you to move smoothly from one attack to another. In other words, we give you a system of techniques that, when put together, gives you the ability to maintain an almost constant attack. This system isn't just difficult to defend, it's almost impossible to stop. It's a proven fact that this system of teaching not only works, but it works at all levels. So, let it work for you by signing up for the Team Griffin Wrestling Camps. You will be amazed at the results.



## **Coach Tony Griffin**



2 time VA State Champ and High School All-American  
Varsity Wrestler at Penn State 91-94  
Camp Instructor for Granby System Wrestling for 22 years  
Assistant Coach at Middletown HS  
Assistant Coach at Central Dauphin HS  
Assistant Coach at Hershey HS  
Head Coach of Team Griffin  
Multiple NHSCA Dual Championships  
24 Pennsylvania State Place Winners

## **TECHNIQUE CAMP at Boneyard Wrestling Academy July 17 - July 20**

This camp is designed for all wrestlers regardless of age or experience level. Campers will be taught wrestling skills in all three positions (neutral, top, bottom). Wrestlers will learn techniques that work at all levels. Sessions from 9-11 and 12-2. Cost is \$125.00

### **SCHEDULE**

July 17	8 am Registration	Session 1 9:00 am - 11:00	Session 2 12:00 - 2:00
July 18		Session 3 9:00 am - 11:00	Session 4 12:00 - 2:00
July 19		Session 5 9:00 am - 11:00	Session 6 12:00 - 2:00
July 20		Session 7 9:00 am - 11:00	Session 8 12:00 - 2:00

**Boneyard Wrestling Academy 32626 Decker Prairie Rd, Magnolia Tx 77355**

FOR MORE INFORMATION CONTACT TONY GRIFFIN AT  
(717) 991-6301 OR BY EMAIL AT [TEAMGRIFFINWRESTLING@YAHOO.COM](mailto:TEAMGRIFFINWRESTLING@YAHOO.COM)