

# SHAMROCK WRESTLING CAMP



## 13 TEAM STATE CHAMPIONSHIPS

'69 '70 '71 '74 '78 '83 '88  
'10 '12 '13 '14 '17 '18

RANKED 9TH IN THE NATION IN 2018  
74 INDIVIDUAL STATE CHAMPIONSHIPS  
22 INDIVIDUAL STATE CHAMPIONS IN THE LAST 5 YEARS

## SESSION 1

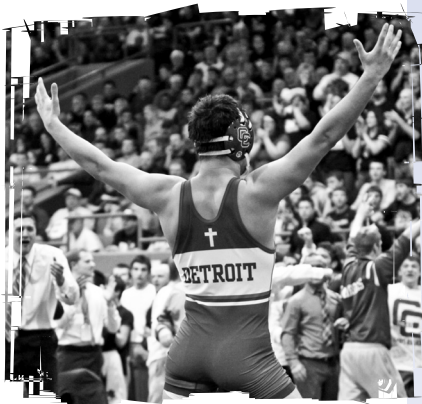
July 16th - 19th  
Grades K - 7th  
9:00 am - 1:30 pm

## SESSION 2

July 23rd - 26th  
Grades 8th - 12th  
9:00 am - 1:30 pm

## CAMP OBJECTIVES

The Shamrock Wrestling Camp will focus on the individual techniques, moves, and mindset necessary to become a state champion. The students will learn from an extremely experienced staff in a safe and supervised environment.



## CAMP STAFF

### MITCH HANCOCK '00 - DETROIT CATHOLIC CENTRAL HEAD COACH

- Led DCC to 6 D1 State Championships in the last 9 years
- Had D1 Record 5 State Champs in '14, '17, and '18
- Ranked 9 in USA in 2018
- Ranked top 20 in the country for 5 consecutive years
- 2012 MHSCA Coach of the Year
- 2010 Division 1 Head Wrestling Coach of the Year
- 2005 NCAA Division 1 All-American
- Two-time NCAA Qualifier
- 2005 Mid-American Conference Champion
- Midland's Finalist
- USA Junior National Finalist

### PAST CLINICIANS INCLUDE CURRENT NCAA D1 COACHES & FORMER NCAA ALL-AMERICANS

- Ben Bennett
- David Bolyard
- Tom Borrelli
- Josh Churella
- Wynn Michalak
- Kellen Russell
- Trevor Stewart '05

## CAMP SCHEDULE

### MONDAY-THURSDAY

9:00-11:00 am Morning Session  
11:00 am-12:00 pm  
Lunch (provided by camp)  
12:00-1:30 pm Afternoon Session

WRESTLERS ARE TO ATTEND BOTH SESSIONS UNLESS OTHERWISE ARRANGED.

## COST

**\$155 per Athlete**  
(Includes Camp Shirt)



## CATHOLIC CENTRAL SHAMROCKS

## EACH PLAYER SHOULD BRING

Appropriate workout apparel and wrestling shoes.

**EACH PLAYER MUST HAVE THEIR OWN MEDICAL INSURANCE**

For more information please contact coach Mitch Hancock at [mhancock@catholiccentral.net](mailto:mhancock@catholiccentral.net)

**TO REGISTER ONLINE PLEASE VISIT:**

[www.catholiccentral.net/summercamps](http://www.catholiccentral.net/summercamps)