

# Preseason Camps

October 19-20

November 8-10

## GOLDEN CROSS WRESTLING

**STRIVE FOR THE GOLD!**

● Cincinnati La Salle High School

3091 North Bend Rd Cincinnati 45239

➤ Limited to 50 wrestlers. Get your application in ASAP for a guaranteed spot.

Camp sessions will be coupled with technique, intense drilling, and live wrestling! Make sure you are prepared to train hard! These are overnight OR commuter camps. All food and drinks will be provided at camp. 1-12<sup>th</sup> grade.

*\*APPLICATION ON BACK. A CONFIRMATION WITH FULL DETAILS WILL BE SENT WHEN APPLICATION IS RECEIVED.*

**\*\*PACKAGE DEAL- ATTEND BOTH CAMPS FOR \$225 (\$45 DISCOUNT!)**

### **OCTOBER 19-20**

Super 32 and Preseason Nationals are approaching fast! Take this opportunity to get yourself mentally and physically ready!

Saturday: Check-In 9:00am, Sessions 9:30-11:30a, 1:30-3:30p, 6:30-8:30p

Sunday: Sessions 9:00-10:30a, 12:30-2:00p, 4:00-5:30p Check-out 5:30p

Cost: \$135

### **NOVEMBER 8-10**

This camp is designed to prepare physically and mentally for your early season. The camp will concentrate on instilling the technique learned through intense drilling and live wrestling!

Friday: Check-In 5:30-6:00p Session 6:30-8:30p

Saturday: Sessions 9:30-11:30a, 1:30-3:30p, 6:30-8:30p

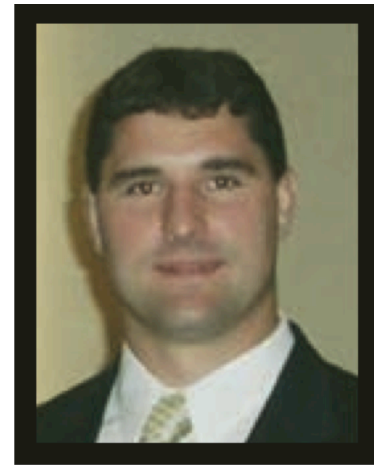
Sunday: Sessions 9:30-11:30a Check-out 11:30a

Cost: \$135

**[www.GoldenCrossWrestling.com](http://www.GoldenCrossWrestling.com)**

## **Avery Zerkle**

Head Coach La Salle High School  
Head Coach Springboro HS 2006 - 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 Conf. Champ  
OH State Champ/State Runner-Up Graham HS  
Jr. National Freestyle Duals National Champ  
Jr. National Freestyle All-American  
Sr. National All-American



## **Jacque Boggs**

Currently Assistant Coach Cincinnati La Salle High School  
Head Coach at Cincinnati Academy of Physical Education (7 state placers)  
Assistant Wrestling Coach at Princeton High School (District, City Champs)  
Assistant Coach for the College of Mt. St. Joseph (4 All-Americans)

## **Max Byrd**

4 x Ohio HS State Placer  
2 x Ohio State Finalist  
3x District champ  
160 High School Wins  
Ashland Univ., NCAA Qualifier  
Plans on being a teacher and coach

Name: \_\_\_\_\_ Age at Camp: \_\_\_\_\_ Weight at present: \_\_\_\_\_

Grade: \_\_\_\_\_ School Attending: \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

**\*E-mail:** \_\_\_\_\_ **\*A confirmation will be sent by e-mail**

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**OCTOBER 19-20**



**NOVEMBER 8-10**

Camp Cost: **\$135** Deposit: Please send \$75 deposit with camp application to hold spot.

**\*Make Checks Payable to: La Salle High School**

Send Application to: **Golden Cross Wrestling**  
**937-631-2099**      **3651 Millville Shandon Rd**  
                         **Hamilton, OH 45013**