

# 2016 CWA SPRING AND SUMMER CAMPS

## Spring Specialty Clinics

### Built to Tilt April 9, 2016

This clinic will focus on how a wrestler can dominate on top. This session will include technique on breaking down your opponent and turning your opponent. Cost \$40

### From the Bottom to the Top May 7, 2016

This clinic will include but not limited to escapes, reversals, and how to defend the legs. Cost \$40

Both of these clinics will include intensive drilling, technique and live wrestling.

### Schedule for Clinics and Camps

|           |                           |
|-----------|---------------------------|
| Session 1 | 10:00 a.m.-12:00p.m.      |
| Lunch     | 12:00-1:00 p.m.           |
| Session 2 | 1:00-3:00 p.m.            |
| Open Mat  | 3:00-4:00 p.m. (optional) |

## Summer Camps

### Intensive Middle/High School Camp June 13-16, 2016

This camp will cover all aspects of wrestling including top, bottom, neutral, riding legs, weight management, strength and conditioning. Cost \$160

### Father & Son Clinic June 18, 2016

This clinic will give the opportunity for fathers and wrestlers to come together to learn and enjoy the greatest sport ever! This clinic will include fundamentals and advanced takedowns, pinning combinations etc. This was a huge success last year. Lunch is included. Cost \$50

### Elementary Wrestling Camp June 20-23, 2016

This camp is similar to our intensive middle/high school camp but for elementary wrestlers. Cost \$140

**To register go to [carrwrestlingacademy.net](http://carrwrestlingacademy.net) and then click on camps/clinics. Payment can be through our website or mailed in. Please make checks payable to Carr Wrestling Academy.**



## Our Coaches

Coach Carr Sr. comes from a family that is known throughout the country for wrestling. The Carr family is the only family in NCAA history to have five brothers who are All-Americans. Some of Coach Carr's accolades include: 3x NCAA All-American, Silver Medalist Pan American games, 2x USA National Champion, and USA World Team Alternate. Coach Carr coached at WCHS for thirty years and has won 14 state championships. He has coached 56 individual state champions which is more than any other KHSAA school.

Carr Jr. was a 4x state champion. Joseph graduated from WCHS in 1997, with a career record of 242-7 losses. The 242 wins were a national record from 1997-2004, and ranked second at the time of his induction into the Kentucky High School Hall of Fame in 2008. After graduating from WCHS Carr Jr. Received a full athletic scholarship to WVU. He continued his success while attending WVU where he tied for the university's all time wins by a freshman in all weight classes. In his sophomore year, he won the Eastern Western League championship; was second on the team in wins, and ranked as high as 7th nationally. Carr totaled over 100 career wins at WVU and was a four time NCAA qualifier, two time Eastern Western League champion, and three time Eastern Western League finalist.

## Contact Us

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