



Avery Zerkle's Golden Cross Wrestling

Coming to: **Louisville, KY**

South Oldham High School: 5901 Veterans Memorial Pkwy Crestwood, KY 40014

Strive For The Gold

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. Campers provide their own meals.**

Camp Date : June 21-22 (5-12grade) *Must have 2 years experience! ****Must have USA Wrestling Card**

Sessions: check-in 9:15a

Friday 21st: 10:00a-12:30p 2:00-4:00p

Saturday 22nd: 10:00a-12:30p 2:00-4:00p

*Pre-registration and walk-ins are welcome

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

Camp Cost: \$85 *Make Checks Payable to: Bluegrass Warriors Wrestling Club**

*****Mail Pre Registration to: Randy Wheeler 7500 Abbott Dr Crestwood, KY 40014**

Camp Contacts:

Randy Wheeler 502-641-8822 westportclinic@bellsouth.net

Avery Zerkle 937-631-2099 averyzerkle@hotmail.com

Avery Zerkle

www.GoldenCrossWrestling.com

Head Coach La Salle High School

NCAA Eastern Wrestling League Champ

Sr. National All-American

Head Coach Springboro HS 2006-2008

NCAA Pennsylvania Athletic Conference Champ

Head Coach Graham Jr. High 2003-2006

Ohio State Champ/State Runner-Up at Graham High School

Assistant Graham High School 2002

Jr. National Freestyle Duals National Champ

2x NCAA Qualifier at Lock Haven University

Jr. National Freestyle All-American

Name: _____ Age at Camp: _____ Weight at present: _____

Grade: _____ School Attending: _____

Email: _____

Emergency Contact: (Cell#) _____