

# 2018 CEDAR RIDGE WRESTLING CAMP

**WHERE:** Cedar Ridge High School Auxiliary Gym

**WHEN:** Monday June 25th- Thursday June 28th, 8:00am-12:00 noon each day

**WHO:** Rising 3rd Graders through Rising 12th Graders

**COST:** \$40 per person. Current and former CRHS wrestlers get in free. Camp T-shirt included.



The Cedar Ridge wrestling camp will teach basic fundamental skills, drills and technique for the sport of wrestling as well as games, nutritional and strength training advice. Campers will be instructed by the Cedar Ridge High School coaching staff, current and former wrestlers as well as some guest clinicians each day. Coach Metcalf will be heading into his 11th year of coaching wrestling and third year as the head coach. He is a former collegiate wrestler at UNC-Pembroke and has won three state championships as a former assistant coach with the Orange High School program. He is joined by his two assistant coaches Dylan Wilson and Sam Gharbo. Both have collegiate wrestling experience and a wealth of knowledge for the sport of wrestling. All three coaches share a vision of turning Cedar Ridge into one of the State's elite wrestling programs.

Each day campers will need to bring a T-shirt, gym shorts, and a pair of wrestling shoes as well as a GREAT attitude!

Please contact me at my school number 919-245-4000 extension 21700 or via email at

[scott.metcalf@orange.k12.nc.us](mailto:scott.metcalf@orange.k12.nc.us) if you have any questions.

**DEADLINE:** Please have all payments and the registration form below in by **Friday, June 15th.**

Please make any checks out to Cedar Ridge Wrestling and mail to:

Cedar Ridge High School

Attn: Scott Metcalf

1125 New Grady Brown School Rd.

Hillsborough, NC 27278

Student Name: \_\_\_\_\_

School: \_\_\_\_\_ Grade Level: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

Parent Phone Number(s): \_\_\_\_\_

Parent Email(s): \_\_\_\_\_

Health Concerns: \_\_\_\_\_

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