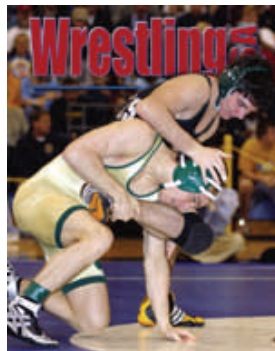


Wrestling Highlights

- * Learn the system of wrestling developed by the Washington Metro Area's Number 1 Team.
- * Ability grouping for individuals and group instruction at all skill levels.
- * Emphasis on teaching skills and techniques.
- * Explanations and demonstrations of all phases of wrestling.
- * Films, Games, and Live Wrestling
- * Each camper will be given a camp T-shirt.

STAFF

- * **Bill Swink** – Head Coach
Colonial Forge High School
2004 and 2007 Virginia Coach of the Year
- * **Mark Black** – Assistant Head Coach
Colonial Forge High School
2003 and 2006 Virginia Assistant Coach of the Year
- * **Scott Shipman** - Assistant Coach
Gardner-Webb University
NCAA D II National Champion
4x All American
- * **Mark Weader** - Head Coach
George Mason University
- * **Bryan Hazard** - Head Coach
Robinson High School
Virginia National Team Coach
National Champion
- * **Chris Pirch** - Assistant Coach
Colonial Forge High School
2x State Champion
- * **Dan Elliott** - Assistant Coach
Gardner-Webb University
2x NCAA East Region Champ
- * **Special Guest Clinicians**
Mark Cody - American University
Lee Pritts - Old Dominion University
- * Plus – Other Top Coaches, College Wrestlers, and Colonial Forge Varsity Wrestlers



Excellence

2007 Virginia AAA State Champions

Washington Post's #1 Team in 2002, 2003, 2005, 2007

Commonwealth District Champs '01 '02 '03 '04 '05 '06, 07

Northwest Region Champs—'02 '03 '04 '05 '06, 07

Colonial Forge Wrestling—Established November - 1999

60 District Champions

33 Regional Champions

73 State Qualifiers

43 All State Wrestlers

16 State Finalist

5 State Champions

"Building a Tradition"



Colonial Forge Wrestling Presents TEAM FORGE Wrestling Camp



2007 STATE CHAMPS

TEAM FORGE Wrestling Camp



July 9-12, 2007

Rising 3rd - 12th Graders

9:00 a.m. – 3:00 p.m.

Colonial Forge High School
550 Courthouse Road
Stafford, Virginia 22554

Name _____
Address _____

Phone _____

Date of Birth: _____

School: _____

Grade Next Year: _____

Adult T-Shirt Size: XS S M L XL XXL
(Adult Sizes)

ENCLOSED \$50.00 DEPOSIT. \$50.00 DUE THE FIRST DAY OF CAMP

ENCLOSED \$100.00 FULL TUITION

Make Checks Payable To: Colonial Forge H. S.

I GIVE MY SON/ DAUGHTER _____
PERMISSION TO PARTICIPATE IN THE TEAM FORGE
WRESTLING CAMP. I WILL NOT HOLD THE CAMP
LIABLE IN CASE OF ACCIDENT OR INJURY, AND
CERTIFY THAT HE/SHE IS PHYSICALLY FIT TO
PARTICIPATE.

Signature _____

For Information:
Bill Swink
540-658-6115 (S)
540-895-9622 (H)

Colonial Forge Wrestling Presents
TEAM FORGE Wrestling Camp

Colonial Forge Wrestling—Established November - 1999
60 District Champions
33 Regional Champions
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16 State Finalist
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TEAM FORGE Wrestling Camp

Equipment: Participants are expected to dress appropriately for daily activities. This should include T-shirt, shorts, and wrestling shoes. A towel may be brought if desired.

Refreshments: Soft drinks and food will be available for purchase. You may bring a lunch for our daily break

NO CAMPER WILL BE ALLOWED TO LEAVE CAMPUS DURING CAMP HOURS.

Applications: May be picked up at any Stafford County School, from the coaches or in the main office.



Send Applications To:
Bill Swink
Colonial Forge High School
550 Courthouse Road
Stafford, VA 22554

TEAM FORGE Wrestling Camp

THE STAFFORD COUNTY SCHOOL SYSTEM IS SPONSORING A SUMMER WRESTLING CAMP AT CFHS. THE CAMP IS OPEN TO ANYONE INTERESTED IN THE SPORT OF WRESTLING...NO MATTER WHAT THEIR SKILL LEVEL. THE CAMP IS HELD IN ACCORDANCE WITH THE VIRGINIA HIGH SCHOOL LEAGUE.

GOALS:

- ◆ TO TEACH AND DEVELOP WRESTLING SKILLS AND FUNDAMENTALS.
- ◆ TO PROVIDE COMPETITION WHICH WILL ENABLE EACH WRESTLER TO APPLY THE SKILLS AND TECHNIQUES AS THEY ARE LEARNED.
- ◆ TO HELP PARTICIPANTS LEARN THAT BEING PART OF A COMPETITIVE SPORT CAN BE FUN.

CAMP INFORMATION

Dates: July 9 – 12 2006
Participants: Rising 3rd – 12th Graders
Hours: 9:00 a.m. – 3:00 p.m.
Tuition: \$100.00
Location: Colonial Forge High School
Information: 540-895-9622 (E) 540-658-6115 (D)

CAMP DIRECTOR

BILL SWINK – HEAD COACH
COLONIAL FORGE HIGH SCHOOL
2001, 2003, 2004, 2005, 2006, 2007 *FLS* COACH OF THE YEAR
1999, 2005, 2007 VIRGINIA WRESTLING MAN OF THE YEAR
2004 & 2007 VIRGINIA COACH OF THE YEAR
2005 *Washington Post* COACH OF THE YEAR