

2019
GILMAN WRESTLING CAMP
REGISTRATION

- FULL DAY CAMP
 POWERFUL PUPS

Camper's Name _____

Address _____

Phone Number _____

Age _____

Approximate Weight _____

Years of Wrestling Experience _____

Checks should be made payable to:

Bryn Holmes
Gilman Middle School
5407 Roland Ave.
Baltimore, MD 21210

Questions about Wrestling Camp?
Email Bryn Holmes at
bholmes@gilman.edu



GILMAN

GILMAN WRESTLING CAMP

BOYS ages 7-17
June 17-21 | 9 A.M. - 4 P.M.
Cost: \$325
Location: Finney Athletic Center

POWERFUL PUPS CAMP

BOYS ages 5-8
June 17-21 | 10 A.M. - 11:30 A.M.
Cost: \$125
Location: Finney Athletic Center



GILMAN SCHOOL
5407 Roland Avenue
Baltimore, Maryland 21210

Come ready to learn,
compete and have fun!
More information inside!

Let's wrestle!

GILMAN WRESTLING CAMP

BOYS ages 7-17 June 17-21 9 A.M. - 4 P.M.

Campers who attend the 2019 Gilman Wrestling Camp will be grouped by age, weight and skill level. The camp will consist of sessions where campers will learn wrestling technique, followed by free drilling time for campers to practice their newly learned moves with other campers. There will also be plenty of games to go along with the wrestling. These sessions will be led by Bryn Holmes, Gilman's Head Wrestling Coach and 2X National Prep Champ. Campers will be required to wear comfortable athletic clothing and are encouraged to wear wrestling shoes and headgear. Wrestlers should also bring water bottles and a ****LUNCH**** with them each day.



POWERFUL PUPS CAMP

BOYS ages 5-8 June 17-21 10 A.M. - 11:30 A.M.

Directed by Bryn Holmes, Gilman's Head Wrestling Coach and 2X National Prep Champ, with assistance from Gilman wrestling coaches and Varsity wrestlers, boys will learn beginner wrestling techniques and skills, as well as participate in games and activities that will enhance their learning. Campers will be required to wear comfortable athletic clothing. Wrestling shoes and headgear are optional.



GILMAN

WRESTLING

CLINICIANS & STAFF

Bryn Holmes

- Head Coach, Gilman School
- Asics HS All-American
- 2x National Prep Champion (2x OW)
- 3x State Champ

Kramer Whitelaw

- Assistant Coach, Gilman School
- Head Coach, Ground Control Wrestling Academy
- 2017 NWCA State Assistant Coach of the Year
- D1 Wrestler, George Mason University
- MD HS State Champion
- 3x National Prep All-American

Travis Holmes

- Assistant Coach, McDonogh School
- State Champ
- National Prep All-American