

CASHMERE 2019 SUMMER DUAL CAMP & CLINIC CLINIC JULY 22 – 23 TEAM CAMP JULY 24 – 26

The Cashmere Wrestling Club will once again be hosting their annual Summer Duals at the Chelan County Fairgrounds. We are also extremely excited to have our second year of 2X NCAA Champion & 4X NCAA All American Gabe Dean hosting a 2 day clinic prior to our camp. As many of you know, this is not only a great opportunity for live wrestling during our camp but a clinic that provides outstanding technique and insight from an amazing athlete who we watched first hand last summer connect with our young wrestlers and left all who participated wanting more. We promise, you will not want to miss this clinic.

Space is limited so please contact us for invoicing ASAP

Team Camp - \$500 (No more than 17 per team)

Clinic - \$135 per wrestler (Ages 12 – 18)



Gabe Dean: Assistant Wrestling Coach Cornell University

- 2 X NCAA Champion
- 4 X NCAA All American
- 4 X EIWA Champion
- 2 X Ivy League Wrestler of the Year
- 152 – 7 Career NCAA Record
- In 2017 Gabe Dean joined the coaching staff @ Cornell University as a volunteer assistant and pair immediate dividends on the sidelines, on the recruiting trail and as a training partner. In his first year, the Big Red won its 16th straight Ivy title, claimed second at Easterns and

seventh at NCAAs, with four All-Americans and a national title for freshman 141-pounder Yianni Diakomihalis.

Gabe Dean Clinic Information –

Monday –

8 AM – Check In

9 AM – 11 AM - Instruction & Mat Time

11 AM – 12 PM – Break for Lunch

12 PM – 2 PM – Instruction & Mat Time

2 PM – 3 PM – Break

3 PM – 5 PM – Instruction & Mat Time

5 PM – Finish

Tuesday –

Same schedule as Monday but we will be finishing for the day @ **2 PM**

Cashmere Duals Camp

This camp is 2 days of duals followed by the final day of an individual single elimination tournament.

The fairgrounds provide an all-inclusive facility, including: an air conditioned pavilion where all wrestling will take place, separate male & female showers, coaches room, and a gated campground. Cost for all is included with your registration. All wrestlers staying on the property **MUST** have a coach staying with them....**NO EXCEPTIONS**

- \$500 Per Team
- \$100 Per Individual Wrestler & will be placed on a team “if” available.
- Camping on site set up starting @ 5 PM on the 23rd & coaches must be present.
- Minimum of 18 matches per wrestler
- RV Hook-ups available for additional cost.
- Food is not provided so bring coolers and BBQ’s to feed your wrestlers.
- Coaches BBQ provided by CWC on Thursday July 25th after wrestling is complete for the day.

Please email or call to RSVP and receive your invoice NO LATER THAN JULY 1ST.
Janie Novak – 509-393-1143 or cashmerewrestling@gmail.com