



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OSWEGO YMCA WRESTLING CLINIC

The Oswego YMCA is a cause-driven organization that is for youth development, for healthy living and for social responsibility.

A strong community can only be achieved when we invest in our kids, our health and our neighbors.

With this in mind, the Oswego YMCA will host it's 2nd Annual wrestling clinic in support of the Oswego Wrestling Program and surrounding community's student-athletes.

**Join us on July 8 & 9, 2017 to help support an important community program, learn some new techniques to improve your grappling game, and have fun!**

The Oswego YMCA Wrestling Clinic will promote the YMCA Core Values of:

**HONESTY  
RESPECT  
RESPONSIBILITY**

### OSWEGO YMCA

265 West First Street  
Oswego, NY 13126  
Phone: 315-342-6082  
E-mail: sbartrum@oswegoymca.org



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GRAPPLE GRIND GROW

### 2017 OSWEGO YMCA WRESTLING CLINIC



**July 8 & 9, 2017  
12:00-4:00pm**

**Ages 8-18 years old  
Registration 5/1-7/8  
\$40 for members  
\$50 for non-members**

# WRESTLING CAMP SCHEDULE

At the Oswego YMCA Wrestling Day Camp, participants will be given the opportunity to fine tune their skills on the mat as well as show support for the Oswego community. The typical day at camp will be:

## 12-12:30

Dynamic Warm-ups/Run

## 12:35-1:40

Technique Session I

## 1:40-2:00

Water/ Snack Break

## 2:05-3:00

Technique Session II

## 3:05-3:45

Intensive Conditioning / Drill Matches

## 3:50-4:00

End talk with camp staff while participants stretch and cool down.

# WHAT TO BRING

- Wrestling shoes
- Head gear
- An extra set of workout clothes
- Running/ Athletic shoes
- A healthy snack
- A refillable water bottle
- Shower supplies

# GUEST CLINICIANS

## MATHEW PAETH

Head Assistant  
Wrestling Coach at  
Otero Junior College

4x NYS Greco Roman  
Champion  
3x USA Wrestling  
All-American

4th place finish at the  
Eastern US Olympic Team Trials



## GENEVA GRAY

Head Woman's  
Wrestling Coach for  
Bacone College

High School Varsity  
Wrestling Coach in  
Denver, CO

She has spent time training  
in the US  
Olympic Training Center  
with her sister and 3x  
World Champion, Adeline Gray.



## KURT D'ANGELO

Oswego Varsity H.S. Coach  
Section III Wrestling Committee Chair  
Wrestled for Kendall High School and  
Oswego State



# CLINIC DIRECTOR

## SHANE BARTRUM

Shane Bartrum is an alumni of Oswego High School where he excelled in football and wrestling.

After graduation he transitioned to the collegiate level of wrestling where he competed the next four years for Ithaca College.

Upon his return to Oswego, NY, Shane became the Assistant Wrestling Coach at SUNY Oswego.

Shane has been a member of the wrestling community for over twelve years and believes that sports programming plays a crucial role in youth development.



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY