

# DYWA

(Danbury Youth Wrestling Association)

## Wrestling Club

April 1<sup>st</sup> - June 1<sup>st</sup>  
Tuesdays & Thursdays 6-8pm  
Danbury PAL Building  
35 Hayestown Rd.  
Danbury, CT 06811  
www.DanburyPAL.com  
www.HattersWrestling.com

*“Off Season Training Makes In Season Champions”*

DYWA Wrestling Club involves a combination of technical instruction, intense drilling, live wrestling, and review sessions.

### **Areas of Instruction:**

- Stands and Set Ups
- Shots and Finishes
- Shot Defense

\*Creating scoring opportunities for wrestlers from any position on the mat.

### **Instructors:**

**Nick Weyer** - Danbury HS Assistant Coach. 4X FCIAC Champion, 3X LL Champion, State Open Champion and 2X New England Placer

**Frank Cammisa** - 3X Division III National Qualifier

**Mark Cammisa** - Danbury Youth Coach

### **Guest Clinicians:**

**Ricky Shook** - Danbury HS Head Coach

**Matt Laskowski** - Danbury HS Assistant Coach

**Steve Botelho** - Springfield College Wrestler, Danbury HS Assistant Coach

### **Fees:**

\$100, not including USA wrestling card (\$35), all ages welcome.

### **Contacts:**

**Nick Weyer:** (203) 512-7334

**Ricky Shook:** Richard.Shook@snet.net