

DYWA Wrestling Club

April 1st - June 22nd
Danbury PAL Building, 35 Haysetown Rd.
Mondays, Tuesdays & Thursdays 6-8pm

“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 High Assistant Coach. 4x FCIAC Champion, 3x LL Champion, State Open Champion and 2x New England Placer.

Frank Cammisa: 4x DIII National Qualifier at Bridgewater State College.

Anthony Hayes: 2x LL Champion, 2x State Open Champion, 2x New England Runner-up, Fargo All-American and competed at Division I Sacred Heart.

Mark Cammisa: Danbury Youth Coach.

Guest Clinicians

Ricky Shook: Danbury Head Coach

Matt Laskowski: Danbury Assistant Coach

Steve Botelho: Springfield College Wrestler, Danbury Coach

Fee: \$175, not including USA wrestling card. (\$35), all ages welcome

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Ricky Shook: Richard.shook@snet.net