

*“The will to win means nothing without the will to prepare to win!”*

## SUPERIOR TRAINING PLAN

In order to give you the best chance to win, we have created a Superior Training Plan.

Each part is integral to The Plan. You need to be at every session!

If for any reason you would miss any part of The Plan, Your Plan,

You **need** to contact Coach DeMeo at 518-374-4717 to discuss your absence!

Part I          June 4-5                  Freestyle Mini-Camp  
Cornell University, Ithaca, NY  
11 AM Saturday – 4 PM Sunday

We will provide dinner and your hotel room on Saturday and breakfast on Sunday.

Part II          June 11-12                 Greco Roman Mini-Camp  
Columbia High School, East Greenbush, NY (near Albany)  
11AM Saturday – 4 PM Sunday

We will provide dinner and your hotel room on Saturday and breakfast on Sunday.

Part III          July 9-12                     State Teams Training Camp  
Johnson City High School, Johnson City, NY  
Greco Roman Only + Greco & Freestyle both  
Freestyle Only Training Camp will be in Fargo  
All Wrestlers & Coaches  
Report at 11 AM for Camp

We will provide food and lodging as in past years.

Part IV          July 17-23                    The Event  
USA Wrestling Junior & Cadet Nationals  
Fargo, ND

Food and lodging provided by USA Wrestling.

If you have any questions or want to discuss training or techniques,

Please call me 518-374-4717

Coach Joe DeMeo  
New York State Head Coach