

MCLEAN WRESTLING

2024 OFF-SEASON OPPORTUNITIES

CLUBS

*Tech Squad

McLean HS

Varsity wrestlers with 2+ years of experience. A membership-based club meeting at McLEAN HS geared to build gritty wrestlers with a growth mindset that seek excellence, set big goals, believe in themselves, and do the right thing at every opportunity. ***This one is a commitment***

<https://techsquadowrestling.club/>

Tuesday/Wednesday/Thursday 6-8p

Drop-in (per practice) \$25, Late Start (April 15th) \$125, **Full Membership \$250**

Gunston Wrestling Club

Hayfield SS

For many years now, GWC has been the premier *free* off-season training room out of Hayfield SS for wrestlers in Northern Virginia. They have an open room-all are welcome. Just need **USAWrestling membership card.**

Tuesday/Thursday 6-8pm

*Liberty Mat Club

George C. Marshall HS

LMC will be running out of George C. Marshall HS. Working Freestyle/Greco-Roman.

***Free* Just need USAWrestling membership card.**

Tuesday/Thursday 5-7pm

Arlington Wrestling Club

Yorktown HS/Wakefield HS

AWC alternating running out of Marymount Univ/Yorktown HS/Wakefield HS and will be going opposite nights from Gunston WC. Just need USAWrestling membership card.

Just need **USAW Membership Card.**

Arlingtonwc.org

Mon/Wed 5-7pm

Wrestling Prep

Marymount University

Sunday Afternoon Live Event where all are welcome and no cost. Wrestling Prep body leveraging warm up followed by ninety to one hundred twenty minutes of live wrestling.

No Charge. Just need USAW Card.

Sundays 4:00p-6:00pm

Fifty/50 Martial Arts Academy

Falls Church, VA

2016 NCAA All-American wrestler David Terao from American University running weekly wrestling classes. Visiting Student Fees are \$25 for Open Mat.

Monday/Friday 7-8pm

The Force Wrestling Club (Just need USAW card) Days TBD

Meridian HS

*Legend Wrestling Club(<https://legendwrestling.org>)

Vienna, VA

A local membership-based club that offers many opportunities throughout the week.

Monday, Tuesday, Wednesday, Thursday: 6:30pm-8pm, Sunday: 2pm-4pm

Fellowship of Christian Athletes Wrestling (FCA)

Dulles/Manassas

FCA Wrestling is a place in which wrestlers from varying clubs can come and practice with other wrestlers for supplemental training outside of their home club. Their room is positive and intense for kids to get better as wrestlers.

Contact Information: (<https://novafcawrestling.org>)

Loudoun - Corey Burns (p)703-999-6758 (e) cburns@fca.org

Prince William-Johnny Curtis (p) 571-238-5586

Patriot Elite Wrestling Club

George Mason University

This is an invite-only club for advanced wrestlers. Request must be sent by Coach Jackson.

*Nova Wrestling Club (<http://www.novawc.org>)

Fairfax, VA

A local membership-based Club in Fairfax with consistent programs and Weekly Clinics to advance quickly with 5 sessions in 3 days.

2024 SPRING

Location: 3171 Spring St., Fairfax, VA 22031

SCHEDULE: (5) THREE HOUR ADVANCED SESSIONS

SIGN UP: Text/Call Joe Kemmerer at (570)831-5059

COST: \$40 per session

FRIDAY 6-9PM / SAT & SUN 9AM-12PM & 1PM-4PM

*If any costs are of concern; please reach out to the coaching staff as financial support may be available.

As always, additional information can be found on our website: www.mcleanwrestling.com

MCLEAN WRESTLING

2024 OFF-SEASON OPPORTUNITIES

Lifting

Pick up heavy things, put them down*repeat*

Follow Coach West @CoachWestMHS for Weight Room schedule

Green Days

McLean-only Workouts w/Coach P

Tuesday/Thursday after School Beginning 2/27 and 2/29 until end of school year.

Recommended Local Tournaments, Events

Freshmen/Sophomore/Junior States	VA Beach Field House	Saturday, March 9 th , 2024
MAWA District (group by birth year)	Fauquier HS	Saturday, March 16 th , 2024
NCAA Semi-Finals Watch Party	McLean HS Lecture Hall	Friday, March 22 nd , 2024 - 7pm
Annandale Club Duals	Annandale HS	Saturday, March 30 th , 2024
NHSCA Nationals(Grade-Level)	VA Beach Sports Center	Fri-Sun, April 5-7 th , 2024
Takedown Tournament	Westfield HS	Saturday, April 20 th , 2024
Melee 'til Midnight	GMU Field House	Saturday, June 22 nd , 2024

Overnight Camps, Local Camps & Clinics

George Mason University #BEUNCOMMON Training Camp (\$399)	*June 17-20th, 2024*
*Naval Academy Technique Camp (\$650)(Annapolis, MD)	*June 17-21st, 2024*
Virginia Tech Skills & Drills Camp (\$499)	June 23 rd -26 th , 2024
Jeff Jordan's State Champ Camp, OH (\$465)	June 23-27 th , 2024
Naval Academy SEAL Elite Camp *advanced wrestlers only (\$1,200)	June 23-30 th , 2024
*NC State Clinic (*Legend-Vienna, VA)	June 27-30 th , 2024
UVA Elite Wrestling Camp *advanced wrestlers only (\$495)	June 28-30 th , 2024
Marymount University Commuter Camp I (*Arlington)	*June 29-July 3rd, 2024*
Penn State Technique Camp (\$530)	*June 30-July 3rd, 2024*
Noke Scraplife Elite Intensive Camp, Roanoke College (\$650)	July 6-11 th , 2024
*Naval Academy Tournament Camp, Annapolis, MD (\$650)	*July 7-11th, 2024*
Jeff Jordan's State Champ Camp, OH (\$465)	July 7-11 th , 2024
*George Mason University Clinic (*Legend – Vienna, VA)	July 8-11 th , 2024
Noke Developmental Camp, Roanoke College (\$330)	July 8-10 th , 2024
Noke Team/Competition Camp, Roanoke College (\$375)	July 11-14 th , 2024
Jeff Jordan's State Champ Camp, OH (\$465)	July 14-18 th , 2024
Jeff Jordan's State Champ Camp, OH (\$465)	July 21-25 th , 2024
Marymount University Commuter Camp II (*Arlington)	*July 22-26th, 2024*
Jeff Jordan's State Champ Camp, OH (\$465)	July 28 - Aug. 1 st , 2024
Marymount University Commuter Camp III (*Arlington)	*August 12-16th, 2024*

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