

Louisiana Home Grown Wrestling Camp

Louisiana Home Grown Wrestling Camp is a camp designed to help young wrestlers and high school wrestlers sharpen their skills. The technicians/camp advisors are like the camp name suggest, Home Grown: Ben Willeford, David Bonin and Sheridan Moran competed in the State of Louisiana with excellent careers and have continued their progression in the sport at the collegiate level. The camp will cover techniques and drills in the top, bottom and neutral positions; live wrestling will take place as well in the positions with techniques covered in camp.

Camp Goal

The overall goal of this camp is to help spread the knowledge of past Louisiana wrestlers who have experienced success on the collegiate level to the next, up-and-coming generation of Louisiana Stars.

DATES: 17TH, 18TH, AND 19TH OF MAY

TIMES: FRIDAY 17TH (6:30-8:30 PM), SATURDAY 18TH (9-11:00 AM) (4-6:30 PM), AND SUNDAY 19TH (9-11:00 AM) (4-6:30 PM)

WHERE: CATHOLIC HIGH OF BATON ROUGE MAIN GYM - 855 HEARTHSTONE DR. BATON ROUGE, LA 70806

REQUIREMENTS: USA WRESTLING CARD*, WRESTLING SHOES AND OTHER WRESTLING EQUIPMENT, AND A WINNING ATTITUDE

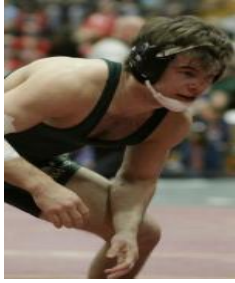
AGE REQUIREMENTS: YOUTH WRESTLERS WITH 3 OR MORE YEARS OF EXPERIENCE AND HIGH SCHOOL WRESTLERS WITH A YEAR OF COMPETITION ARE WELCOME.

COST: \$150 PER CAMPER

*** USA WRESTLING CARD CAN BE PURCHASED ON SITE IF NEEDED**

PAYMENT METHOD: PLEASE MAKE CHECKS PAYABLE TO "HAMMERDOWN WRESTLING."

CAMP TECHNICIANS / ADVISORS



BEN WILLEFORD (CLEVELAND STATE UNIVERSITY)

2013 NCAA Division I Qualifier 125 lbs

2013 Eastern Wrestling League Champion 125 lbs

3x Louisiana High School State Champion @ St. Michael's High School

High School All American (2008) (2009)

Louisiana Career Pins Holder



DAVID BONIN (UNIVERSITY OF NORTHERN IOWA)

2013 NCAA Division I All American 157 lbs

2012 University Freestyle National All American 74kg

3x NCAA Division 1 Qualifier (2011, 2012, 2013)

101 Collegiate Victories

3x Louisiana High School State Champion @ Comeaux High School

High School All American (2008)

Louisiana High School most career win holder



Sheridan Moran (Virginia Tech/Newberry College)

2010 NCAA Division II All-American 133 lbs

Assistant Coach of State Champion Team @ Catholic High of Baton Rouge (2008) and State Runner Ups (2012)

Baton Rouge Assistant Coach of the Year Award (2013)

Head Instructor at Hammer Down Wrestling Club

Louisiana High School State Champion and State Runner- Up for Lafayette High School

For more information contact the following

Sheridan Moran (337 257 0996) email: hammerdownwrestling@gmail.com

David Bonin (337 257 1767) email: bonind@uni.edu

Ben Willeford (225 803 2846)

Jimmy Bible (225 954 2762)

Tommy Prochaska (225 954 2762)

Patrick Mahoney (225 954 7804)