



2013 Welsh Open Freestyle & Greco Roman Wrestling International Training Camp on 18th and 19th August 2013

Location

Welsh Wrestling Centre of Excellence,
Sport Wales National Centre, Sophia
Gardens, Cardiff, CF11 9SW

Contact Details

For further information or to book
places e-mail:

welshwrestling@hotmail.co.uk

Sue Jones 01691 829281
07772 530574

Facebook group: welshwrestling
Accommodation list on Welsh Open Entry information

**Training Camp Cost mat
fees only £15 for a day or
£25 for 2 days**

**Training Camp is for Cadets,
Juniors, Seniors only, 14 years
upwards**

**To confirm attendance please
email:**

welshwrestling@hotmail.co.uk

Coaches to include

Alan Jones Head of Performance
Welsh Wrestling

Arash Shojeai National Coach for
Wales & Ex International

John O'Rawe National Coach for
Northern Ireland & Ex International

Jemsond Giordimaina National
Coach for Malta & Ex International

Sue Jones Chair of Welsh
Wrestling and Ex International

Other Coaches invited

Session Time Table

Sunday 18th August

Rest and Recovery in morning

Session 1: 3.30pm til 5.30pm Wrestling

Session 2: 7.30pm til 9.30pm Wrestling

Monday 19th August

7am til 7.30am Run

Session 3: 9.30am til 12 noon wrestling

Session 4: 2.30pm til 5.30pm wrestling

Session 5: 8.30pm til 10pm wrestling

Camp Finishes

Wrestlers & Teams Confirmed attended already from

Maltese Wrestling Team

Welsh Wrestling Team

Northern Ireland Wrestling Team

Wrestlers from England and Scotland

Invited countries England, Scotland,
Germany

**All Club Coaches are welcome
as we learn off one another for
the future of British Wrestling**

**Let's support Welsh Wrestling
who are passionate about the
future of wrestling.**