

**Warrior Spirit Wrestling Camp**  
**July 17<sup>th</sup> – 19<sup>th</sup> 2017**



**Andover Youth Center**  
**40 Whittier Court | Andover, MA 01810**

We will be running a three day camp at the Andover Youth Center July 17<sup>th</sup> – 19<sup>th</sup> featuring two former Division I Wrestlers from Boston University. The camp will focus on teaching wrestlers a simple system and set of core drill routines from the NEUTRAL, TOP, and BOTTOM positions, including leg riding. Our curriculum will cover basic fundamentals—stance, positioning, takedowns, and escapes—to advanced technique and strategy, including set-ups, finishes, and drilling.

We will expect the wrestlers to arrive 15 minutes early to get ready for an on time start. Each day will begin promptly at 9AM and end by 12PM. We have included the schedule for each day as well as the staff biographies and registration information below. This camp is open to wrestlers with at least 1 year of experience (between 3<sup>rd</sup> and outgoing 8<sup>th</sup> graders) who are ready to work hard. Come join us! Click here for: [Warrior Spirit Wrestling Camp Registration](#)

**Daily Schedule**

	Day 1	Day 2	Day 3
9:00	Introduction and Program Overview	Review & Drill	Review & Drill
9:30	Session I - Neutral Position	Session IV - Top Position	Session VII - Bottom Position
	Stance review and movement	Riding from Top / Break downs	Escapes
10:00	Primary offense & Drill		
10:35	Break	Break	Break
10:40	Session II - Defense & Counter Attack Offense From Neutral	Session V - Pinning & Turns	Session VIII - Advanced Bottom Techniques
	3 key defensive points - Introduction		
10:45	Defensive Techniques		
11:00	Counter Attack Offense	Session VI - Leg Riding Intro	Drill
11:25	Break	Break	Break
	Session III - Putting it all together	Session VI - Leg Riding & Scoring	Session IX - Live Wrestling - Putting it all together
11:30	Drilling		
11:45	Conditioning	Drill and Conditioning	Break & Wrap up
12:00	Conclude	Conclude	Conclude

**Staff Bios -**



**Chuck Tedeschi – Wrestling Instructor**

Chuck has been wrestling and coaching for over 25 years. He did most of his high school and collegiate wrestling right here in Massachusetts. He wrestled at Melrose High School where he was the Middlesex League Champion in 1993. Chuck was also a 3x sectional place winner and Champion in 1993 as well as a 3x MA state qualifier and place winner. He was honored by being team captain his junior and senior years. Chuck was a USA Wrestling MA Greco-Roman State Champion and Freestyle runner-up in 1993.

He went on to wrestle at Phillips Exeter Academy where he won the New England Independent School Championship and was a National Tournament place winner in 1994. Chuck graduated from **Boston University** where he wrestled under the legendary Carl Adams. He went on to get his MBA from Pepperdine University and pursue a career in finance.

Chuck lives in Andover with his wife and their two children.



**Jason York – Wrestling Instructor**

Jason York has been wrestling and coaching wrestling since 1988. He is a 2x Maine State Champion, Amateur Wrestling and USA Wrestling High School Academic All-American Honorable Mention, and was 2x captain of Bonny Eagle High School's wrestling team. He wrestled at **Boston University** where he was a 3x conference place winner and 2x captain under the tutelage of Coach Carl Adams.

After college Jason went on to coach at Caribou High School, ME; University of Southern Maine, ME; Plum High School, PA; Bridgewater University, MA; and is currently the Assistant Coach at Phillips Academy Andover.

Jason lives in Andover with his wife and two children who are part of the Warrior Youth Wrestling Program.

**Visit us on Facebook! - [Warrior Spirit Wrestling Camp](#)**

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**Mike Bolduc – Head Coach - Andover High School**

Coach Bolduc will be a special guest at the Warrior Spirit Wrestling Camp. He took over the reins at Andover High School in 2015 to help revitalize the program. He coached as an assistant at Methuen for 10 years, was highly successful at Salem (N.H.) for five years and then helped grow the program in four years at Malden Catholic. At Salem, he developed one of the strongest teams in New England. In 2002, the Blue Devils finished second in New England and, at the start of the 2002-03 season, he led Salem to a memorable 34-33 victory over New England superpower Timberlane, snapping a 49-meet winning streak.

For his deference to his military obligations, Bolduc was named the Eagle-Tribune 2003 Sportsman of the Year. After returning from active service, Bolduc took over at Malden Catholic and helped develop All-State champions Kyle and Devin Visconti while building the numbers up from 19 to 32 and — at the time — setting a school record for wins at 14.

Bolduc left Malden Catholic in 2011 because of other obligations but he retired from the military last year.



**Neal Callahan – Head Coach of Andover Youth Wrestling**

Neal was an AHS student when AYS began wrestling and now mentors others as a coach for the Youth and High School wrestling teams. He takes pride in the development of the program and ensures that relationships formed on the team extend beyond the mat and into the community. Neal is constantly amazed by the brilliance, humor, and compassion of all the youth that follow their feet to AYS.

**We will be assisted by other coaches, as well as high school wrestlers, to ensure each participant gets the attention they deserve.**