



June 5 — June 8

The Byrnes Wrestling Camp is designed to give the best instruction possible for a very affordable price. The Camp is open to ALL student athletes from any and all school districts.

Cost of Camp is \$25.00 per wrestler. Out of District students \$75.00 per Wrestler.

Team Discounts are available.

Techniques

Elementary and Middle School: Takedowns:

Double Leg, Single Leg, High Crotch, Front Headlock. Top: Cradles, Arm Bars, 1/2 Series, Wings, and Breakdowns. Bottom: Stand ups, Switch, Short Sit series, and Granby.



**The Only Way To Ensure
Victory Is To Outwork Your
Opponent.**

Rebel Wrestling Camp

Monday – Thursday

8:00 AM—12 Noon



Coaches Bringing Teams: Please confirm your attendance by May 29 to insure that adequate space will be provided. Contact Coach Russ Howard if you have any questions.

Byrnes Rebel Wrestling Camp

Registration Form

PLEASE PRINT

Wrestler Name:

School:

Grade: _____

Home Address:

Parent/Guardian: _____

Mail To:

James F. Byrnes H.S.
Att: Coach Russ Howard
PO Box 187
150 E. Main Street
Duncan, SC 29334

Phone: 864-949-2360
Cell: 864-444-7673

E-mail: russ.howard@spart5.net



The Byrnes Wrestling camp will provide opportunities for Elementary and Middle School Wrestlers. Camp dates are June 5- June 8. Elementary and Middle School ages will hold camp from 8:00 AM—12:00 Noon. The morning session will focus on the fundamentals of wrestling, drills, and how to practice the techniques that are important to success at the novice and beginner levels.



LOCATION

Byrnes Main Gym

Coaching Staff

Coach Russ Howard

Byrnes H.S. Head Wrestling Coach for 24 Seasons. 2X SC Heavyweight State Champion. Coached 11 SC 4A State Champions.

Coach Robbie Higdon

Assistant Wrestling Coach at Byrnes H.S. Southeast H.S. FL. State Qualifier. University of Pembroke 2x National Qualifier, All American. Assistant Coach Carson Newman College. Head Coach Darlington H.S. Head Coach Spartanburg Methodist College, 42 National Qualifiers, 11 All Americans and 1 National Champion and 1 Runner up.

Coach Brandon Goen

Assistant Wrestling Coach at Byrnes H.S. Byrnes H.S. All State Wrestler. Wrestled at Spartanburg Methodist College.

Coach Richard Guerra

Assistant Wrestling Coach at Byrnes H.S. Wrestled 1971 & 1972 at Norview High School in Norfolk Va. 72' 3rd District, 5th Region 98lbs. Wrestled 1974, 75, 76 Florida Technological University (Now University of Central Florida) 1974 3rd in the Southern Open Cattanoga Tennessee, 1976 2nd in Florida Collegiate State Championships 118lbs.

Coach Kane Pruitt

Byrnes Assistant Wrestling Coach. Former wrestler and coach at Spartanburg Methodist College for 5 seasons. Coached 25 NJCAA National Qualifiers. Coached 2 NJCAA All Americans.

**JAMES F. BYRNES
HIGH SCHOOL**



James F. Byrnes H.S.
Att: Coach Russ Howard
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Duncan, SC 29334
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**REBEL WRESTLING
CAMP**

Date: June 5-June 8

Time: Elementary & Middle School
8:00 AM—12 Noon