

## Camp Schedule

July 23rd:

1pm-3pm Conditioning—Coach Michael Lynch

3pm-4pm Break

4pm-7pm Technique/Wrestling—Coach Cy Wainwright

July 24th

9am Run

10:30pm-12pm Live Wrestling

12pm-1pm Break

1pm-3pm Conditioning—Coach Michael Lynch

3pm-4pm break

4pm-7pm Technique/Wrestling—Coach Cy Wainwright

July 25th

9am-12pm Technique/Wrestling—Coach Cy Wainwright

12pm-1pm Break

**1:00pm Wrestling tournament**

**(\$5 admission fee for fans & family)**

Wrestling camp will be in the Wrestling complex

Camp Tournament will be held in the arena on the

Pat Hewitt/T.B. Thomas Court.



**Camp Fee—\$60.00**

**Free T-Shirt for all**

**wrestlers who registers prior to June 1, 2013**

**\*\*Make checks payable to HHS Athletics**

## 2015 RED FOX WRESTLING

**Hawthorne Area  
Wrestling Program**

**2011, 2012, 2013, 2014, 2015  
Region VI AAA Champions**

### FEATURING:

**COKER COBRA COACH—WAINWRIGHT**



Cy Wainwright begins his second season as the Coker wrestling coach.

In his first year leading the Cobras, Wainwright led the team to a record of 10-7 in dual matches and had five wrestlers win at least 15 matches and three win 20 or more. Junior Charlie Huff became the first Cobra wrestler to advance to the NCAA DII National Championship. He was also named Coker's C.G. Timberlake Athlete of the Year.

Wainwright became the first wrestling coach at Coker in November 2012. Wainwright came to Coker after serving as head coach at Benedictine College in Atchison, Kansas, since May 2011. Prior to that, he served as an assistant wrestling coach at St. Cloud State University in St. Cloud, Minn., for two years. In addition, he has served as an assistant coach at Atlantic High School in Port Orange, Fla.

Originally from Green Cove Spring, Fla., Wainwright attended Newberry College, where he was an accomplished wrestler at the Division II level. He won the national championship in his weight class and was runner-up for Division II wrestler of the year in 2009, was a two-time All-American and served as captain of the team for three years.

Wainwright has coached 18 NCAA Division II national qualifiers, 11 All-Americans, two national finalists and one NCAA Division II National Champion. He has also coached two top 10 NCAA teams and a national runner-up team in 2011.



## 2015 Red Fox Wrestling Camp

**Hartsville High School Gym  
July 23rd, 24th, & 25th  
Ages 5 - 18**

**Mail completed form and payment to :**

**Phyllis Griggs**

**HHS Athletics Director**

**Hartsville High School Athletics**

**701 Lewellyn Avenue**

**Hartsville, SC 29550**

**Questions or concerns contact:**

**Phone: 843-857-3804 HHS Athletics Director**

**843-861-0017 Michael Lynch - Head Coach**

**E-mail: phyllis.griggs@darlington.k12.sc.us (AD)**

**michaelwlynch@aol.com (HHS Coach)**