



It hurts. But just remember . . .



PREPARATION

WHAT ARE YOUR RESPONSIBILITIES?

- Your cost will be \$50.00 per hour (min. 3 hours) + 35¢ per mile(1 way)
- Your mats, wherever you like, school, wrestling room
- Water, for breaks.
- Let me know if you'd like me to focus on something in particular
- Leave everything else to us!

I have been having camps for the past 5 years, if you would like names for reference feel free to call me.

Call 304-657-8597

M. Daran Hays
1757 Flaggy Meadow Rd.
Mannington, WV 26582
Phone (304) 986-1830
Cell (304) 657-8597

Daran Hays' **WRESTLING CLINICS**

THE CAMP ***ON WHEELS!***



**Open and read! This may interest you
Coach!**

HAVING TROUBLE TAKING YOUR TEAM TO CAMP?

If you're having trouble nailing down a time when most of your wrestlers can go to camp why not try something new?

Let us come to you!

Daran Hays, current Assistant Coach at North Marion High School will come to your gym or wrestling room with Guest Wrestlers for a clinic or camp for any team (High School, Middle School, or Youth/Pee-Wee)

Check out the ideas!

- *Good for any team*
- *We Can be used as "your Fundraiser" or exclusively for your team!*
- *1-3 hour session or 2 or 3-2 hour sessions (with breaks)*
- *You choose what you would like taught or we'll come up with ideas!*
- *T-shirts available for sale, 1st come 1st served basis.*



WHO WILL WORK WITH YOUR WRESTLERS?

Daran has made many acquaintances while becoming so involved in wrestling during the past 19 years. (from Pee-Wee through High School). He always has guest wrestlers with him or he'll pull your most experienced if you'd like. Listed below are some of his regulars:

Daran Hays-3X All State, NHSCA All-American, Academic All American, Head Coach Mannington MS, Currently Assistant Coach North Marion High School, 2008 National Assistant Wrestling Coach of the Year Nominee.

Zach Morton-2007 119 lb. AAA WV State Champion, member of WVU Wrestling Team 2008, Assistant Coach East Fairmont JH 2008

Wes Byard2007 171 lb. AAA WV State Champion, Currently 1-0 in MMA

Mason Bailey 2X WV State Champion, ranked top 10 in US, in 2009 will attend and wrestle @ the Naval Academy

**** AND others !**

