



## Third Annual Mid City Kids' Wrestling Camp

August 3, 2009 through August 7, 2009

**Instructors:** Coach Carlos Bertot, Head Coach  
Coach Mike Hillman, Head Junior High Coach

**Location:** Jesuit High School, New Orleans, La. 70119  
Division I State Champions 2009

**Assistants:** Jesuit wrestling staff and wrestlers.

**Contact numbers:** 504-483-3929 office  
504-913-4773  
504-220-2626  
[bertot@jesuitnola.org](mailto:bertot@jesuitnola.org)  
[carlosbertot@bellsouth.net](mailto:carlosbertot@bellsouth.net)

Carlos Bertot was a two-time state finalist for Jesuit High School under Coach Sam Harnsongkram. Carlos also won two national titles in the USA Veterans division for folkstyle wrestling and freestyle wrestling in 2005. Coach Bertot has led the Jesuit wrestling team to two state titles (2006 & 2009). He was voted Coach of the Year by *The Times-Picayune* for the 2005-2006 wrestling season. Coach Bertot is currently in his fourth season as Head Coach at Jesuit.

**Primary Facility:** The Jesuit High School Wrestling Room.

**Camp Schedule** Monday – Friday

8:00 a.m. - 9:00 a.m.	Late Registration (8-3-09 only)
9:30 a.m. - 10: 45 a.m.	Wrestling instruction / Live wrestling
10:45 a.m. – 11:00 a.m.	Water/ Snack Break
11:00am – 12:00 pm	Games / wrestling time w/ coaches (optional)
12:00 p.m. – 1:00 p.m.	Lunch (Bring your own)
1:00 pm- 2:00 p.m.	Wrestling Instruction /Live wrestling
2:00 p.m. – 2:15 pm	Water/ Snack Break
2:15 p.m. – 3:00 p.m.	Games / Wrestling time w/ coaches (optional)

**Cost:** \$125.00 per camper if you have a USA Wrestling Card, proof required.  
\$160.00 without USA Wrestling Card

Card can be obtained at <https://webpoint.themat.com/wp/Memberships/Join.asp>

Camp is open to wrestlers in grades Kindergarten thru 7<sup>th</sup> grade (ages 5-13).

T – Shirts available \$15.00 (Pre-order with child's size)

**Pre-Registration:** Via e-mail [Bertot@jesuitnola.org](mailto:Bertot@jesuitnola.org) or [carlosbertot@bellsouth.net](mailto:carlosbertot@bellsouth.net)

Mail checks, registration, and shirt size (if ordering t-shirt) to:  
Carlos Bertot  
3817 N Woodlawn Avenue  
Metairie, La. 70006

Campers should have a USA wrestling card for insurance coverage during the camp.  
The camp will cover the basics in the three main areas such as takedowns, bottom work, and top work.  
Come and train with the best and have fun while you do it!