CAMP PRICE AND BOOKING | JAN 2027

ONE PACKAGE. ONE PRICE.

EVERYTHING FOR THE FULL TWO WEEKS IN ONE PRICE, OPEN TO MEMBERS AND NON-MEMBERS.

FULL WEEK CAMP

MON 11 - FRI 15 JANUARY 2027

9:00 AM TO 3:00 PM | 5 DAYS

- Bjj and wrestling training every day
- Games, breaks and fun time
- Coached by renzo lezama & andrey vorontsov

$350

PER CHILD | $70 A DAY

Members and non-members

SIBLING SAVINGS

1ST CHILD	2ND CHILD	3RD CHILD AND BEYOND
$350	$297.50	$262.50
FULL PRICE	15% OFF	25% EACH

ONLY 25 SPOTS

To make the camp as personalised as possible, we limit it to 25 children aged 7 to 14. Once you register your interest, we confirm your spot

Prices in AUD. Missed days are not refunded; full terms and conditions apply

HOW TO BOOK

- Scan the QR code or use the link to register your interest and pay the 50% deposit ($175).
- We send you a confirmation of booking for your spot.
- Pay the balance by Monday 4 January 2027.
- Your child joins camp on Monday 11 January 2027.

SCAN TO REGISTER AND PAY 50% DEPOIST

Unit 1, 12 Pikkat Drive, Braemar NSW | 0493 012 858 | admin@highlandssportscentre.com

HIGHLANDS SPORTS CENTRE



SOUTHERN HIGHLANDS SUMMER CAMP | JAN 2027 | AGES 7-14

SUMMER TRAINING CAMP

WRESTLING + BRAZILIAN JIU-JITSU | TWO WEEKS

A local summer camp for southern highlands kids aged 7 to 14. beginners-friendly, fully padded indoor training that mixes wrestlingt and brazilian jiu-jitsu every day.

DATES
MON 11 - FRI 15 JAN 2027

TIMES
9:00 AM TO 3:00 PM

NO EXPERIENCE NEEDED. OPEN TO MEMBERS AND NON-MEMBERS.

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TWO WEEKS. TWO SPORTS. ONE STRONG SUMMER

One program for ages 7 to 14, with no age divisions. With only 25 spots, coaches can personalise training, adapting partners, resistance and instruction to each child's size, confidence and experience

THE WEEK AT A GLANCE

MON	TUE	WED	THU	FRI
Routines: tap, stop, reset and partners	Stance, movement and guard basics	Takedowns and top control	Transitions and positional challenges	Skills showcase and games

A TYPICAL CAMP DAY: 9:00AM TO 3:00PM

9:00 AM	**ARRIVAL, CHECK-IN AND GAMES**
9:30 AM	BJJ training
10:30 AM	Break
10:45 AM	Wrestling training
11:45 AM	Lunch break (bring your own food)
12:30 PM	Games and fun time
1:30 PM	Break
1:45 PM	Combined training: BJJ and wrestling
2:45 PM	Cool-down and wrap-up. Pick-up from 3:00pm

WHAT'S INCLUDED

- Coaching from Andrey Vorontsov and Renzo Lezama
- • Mats and all training and games equipment
- • Camp certificate and progress summary

WHAT TO BRING

- Your own lunch and snacks
- Water bottle and towel
- Fitted sportstswear without zips, or a gi and rashguard

MEET YOUR COACHES

Camp is led by two coaches with elite backgrounds, bringing national and international standards to Southern Highlands kids

AV ANDREY VORONTSOV

WRESTLING COACH

- Prepared Australia's wrestlers for Olympic qualification and travelled to the Paris 2024 Olympics with
- the national team as a coach.
- Led wrestling performance and pathway programs for CombatAUS and Wrestling Australia.
- Previously Executive Director and Continental Development Officer for United World Wrestling Asia.
- Sport science PhD and former Ukrainian national wrestling champion.

RL RENZO LEZAMA

BRAZILIAN JIU-JITSU COACH

- SJJIF World Championships medallist.
- Black Belt Rank
- Pan Pacific champion.
- AJP-ranked athlete.
- Leads the BJJ training, teaching posture, control and calm problem-solving on the ground.

WRESTLING FOR RUGBY TEAMS

Wrestling is a natural fit for rugby. Andrey's wrestling training teaches players to control contact and stay balanced under pressure:

- Tackle technique: low body position, hips under and strong leg drive.
- Balance and driving power in contact and at the breakdown.
- Hand fighting and grip control to win body position.
- Safe falling and fast recovery after contact.
- Strength, agility and fitness through short, intense wrestling games.

Team sessions for local clubs and school teams are available on request.

Coaching is open and observable. Children are encouraged to speak up, ask questions and report anything uncomfortable. Please tell us about injuries, medical, sensory, anxiety or learning needs before camp.