

## Camp Details

The Nittany Youth Wrestling Camp is open to all Elementary to Junior High aged kids who are interested in wrestling. Instruction will be offered at beginner and advanced levels. Adult supervision is provided and required at all times. A civil code of conduct is enforced.



### NITTANY YOUTH SUMMER WRESTLING CAMP

4655 Halfmoon Valley Rd  
Warriors Mark PA 16877

TO :

# NITTANY YOUTH SUMMER WRESTLING CAMP AND HERSHEY PARK TRIP

*JUNE 29-JULY 3, 2009*



**Tel: 814-692-7857**

# NITTANY YOUTH SUMMER WRESTLING CAMP



## Camp Philosophy

The Nittany Youth wrestling camp is designed to provide high-end wrestling instruction for the young wrestler coupled with fun, team/character building activities appropriate for the elementary to early secondary school age group. Wrestling "citizenship" is encouraged. Intracamp teams are formed that cut across age and geographic differences. The Nittany Youth wrestlers learn to work as a team with older wrestlers especially challenged to show their leadership capabilities.

## Camp Clinicians

Past clinicians have included long-time Nittany Lion Head Coach, John Fritz; former Penn State Coach, John Hughes; Former State High wrestling coach, Ron Pifer; various members of the Penn State Wrestling Program; former Penn State Wrestling Club members, Joe Smith and Ross Bendick; and State College Little Lions Elementary coaches and associates.

## Camp Location

Park Forest Middle School Gymnasium

## Camp Schedule

Monday - Thursday, June 29 - July 2 8AM—5PM, Wrestling Clinics

8:00 am — 9:30 am	9:30 am — 10:00 am	Stretching, endurance running, non-instrumented strength training
9:30 am — 10:00 am	10:00 am — 12:00 pm	Snack
10:00 am — 12:00 pm	12:00 pm — 1:00 pm	Wrestling Session 1
12:00 pm — 1:00 pm	1:00 pm — 2:30 pm	Lunch
1:00 pm — 2:30 pm	2:30 pm — 4:30 pm	Team Building: Swimming, Team-oriented competitions
2:30 pm — 4:30 pm	4:30 pm — 5:00 pm	Wrestling Session 2
4:30 pm — 5:00 pm		Clean-up, Pick-up

Friday, July3, 7:30 AM—8:30 PM, Hershey Park Trip  
Adult chaperones will be needed to attend the Hershey Park Trip. Please check the Hershey Park Trip on the registration form if you will be able to help. All chaperones are responsible for their own admission. We will be acquiring tickets at a group rate or you can get your own.

**Please bring a towel and soap for daily showers before lunch. Also LUNCH IS NOT PROVIDED.**

## REGISTRATION FORM

\$150/ wrestler. \$100 for each additional wrestler from the same family. Hosting with a local family is available for out-of-area wrestlers for a cost of \$75. Hosted wrestlers are responsible for bringing their own sleeping bag and toiletries. The wrestling fee covers coaching, transportation, camp t-shirt, pool admission, and admission to Hershey Park. Wrestlers are to bring brown bag lunches and a morning snack each day. (We will let you know the date of any special lunch events in advance.) Food, souvenir, and game costs at Hershey Park are the responsibility of the participating wrestler's family. Fill out separate forms if you are registering more than one wrestler.

Hershey Park chaperone

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Weight \_\_\_\_\_

Age \_\_\_\_\_

Birthdate \_\_\_\_\_

T-shirt size Youth (S M L) Adult (S M L XL) \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Telephone \_\_\_\_\_

PHONE WHERE WE CAN CONTACT YOU DAILY DURING CAMP \_\_\_\_\_

Email \_\_\_\_\_

	Cost	Total
Wrestler	\$150	
Additional wrestler	\$100	
Hosting needed	\$75	
	<b>Total submitted</b>	

Method of Payment  
 Cash  
 Check

Make checks payable to: "Keystone Kids Wrestling," Mail to: Nittany Youth Wrestling Camp, 4655 Halfmoon Valley Rd., Warriors Mark, PA 16877

In consideration of your acceptance to the Nittany Youth Summer Wrestling Camp, I hereby release the State College School District, Keystone Kids Wrestling Club and all clinicians/counselors of the Nittany Youth Wrestling Program from any claim, liabilities or rights to damage for any injuries or losses suffered by me directly in training for, traveling to and from, or participating in the Nittany Youth Summer Wrestling Camp.

Signature of Parent/Guardian \_\_\_\_\_