

## 2014 KEYSTONE WRESTLING CAMP REGISTRATION FORM

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_ Yrs Exp \_\_\_\_\_  
 Email \_\_\_\_\_ Email \_\_\_\_\_

Please print Email Address 2 times clearly. All correspondence will be by email unless requested otherwise.

School \_\_\_\_\_ Grade Entering Fall 2014 \_\_\_\_\_

Coach's Name \_\_\_\_\_

Please Check One ☐ Resident–Roommate Preference \_\_\_\_\_  
☐ Commuter–Includes Lunch and Dinner \_\_\_\_\_ One Roommate Only

*I approve of my child's attendance at wrestling camp and certify that he/she is in good health and able to participate in all camp activities. If medical attention is required for illness or injury while attending camp, I give my permission for such care and I hereby waive and release the Camp, its staff, and Gettysburg College of all liability for any illnesses or injuries incurred.*

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Please make sure to:** (1) Check a box below for camp choice and (2) Circle Commuter or Resident option.

☐ **JUNIOR HIGH/MIDDLE SCHOOL TEAM CAMP**  
**June 22–25**

\$425 Resident/\$320 Commuter/\$150 Deposit  
 (10 or more - \$400 each) — *Coaches Attend Free*  
 (18 or more - \$390 each)

☐ **COMPETITION/TECHNIQUE CAMP**  
**June 22–25**

\$425 Resident/\$320 Commuter/\$150 Deposit

☐ **YOUTH CAMP/NOVICE**  
**June 22–25**

\$425 Resident/\$320 Commuter/\$150 Deposit  
 (2 or 3 day options can be arranged - please email or call)

☐ **ADVANCED YOUTH CAMP**  
**June 22–25**

\$425 Resident/\$320 Commuter/\$150 Deposit

T-Shirt Size (Circle One) Youth M Adult S M L XL XXL

Group/Team Name \_\_\_\_\_

For team application and discount Please Call 814-360-5123

Send Application to:

**Keystone Wrestling Camp**

Calder Square

PO BOX 10363

State College, PA 16805-0363

OFFICE USE ONLY

DEP. \_\_\_\_\_

DATE \_\_\_\_\_

CK# \_\_\_\_\_

BAL \_\_\_\_\_

INFO SENT \_\_\_\_\_

**APPLY ONLINE [WWW.KEYSTONEWRESTLINGCAMP.COM](http://WWW.KEYSTONEWRESTLINGCAMP.COM)**

For more information call: John Fritz, Keystone Wrestling at 814-360-5123.

Form may be duplicated for additional applicants

Payment Method ☐ Visa ☐ MasterCard ☐ Check

\$ \_\_\_\_\_ amount enclosed **DEPOSIT MUST ACCOMPANY APPLICATION**

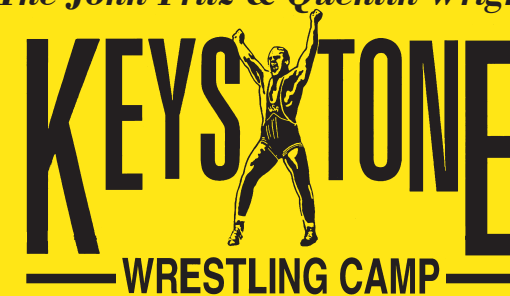
\_\_\_\_\_  
 Credit Card Number

\_\_\_\_\_  
 Expiration Date Signature

## 2014 KEYSTONE HIGHLIGHTS

- ☆ **2 Olympians on Staff**
- ☆ **Coaching Athletes to be Champions On & Off the Mat**
- ☆ **Providing Extraordinary Opportunity for Student Athletes, Parents and Coaches**
- ☆ **Coaches & Parents will have access to live camp sessions through the internet.**
- ☆ Sessions include all basic wrestling skills featuring a **World Class Staff, Strength Training, Cardio Training, Elite Nutrition, Laws of Performance and Leadership Skills**
- ☆ **JR. HIGH/MIDDLE SCHOOL TEAM CAMP**  
*Attend as individual or team*  
*Many teams already committed!*
- ☆ **MULTIPLE CAMP OPTIONS**  
**Youth** (Beginning to Advanced 8-12 yrs old)  
**Technique** (12-18 yrs old)  
**Team** (Middle School/Jr High) (6th-8th grade, 8th-11th Grade)
- ☆ **Team Camp Wrestlers will work as a Small Group**
- ☆ **Team Camp Wrestlers will work as a Small Group**
- ☆ **MAKE IT A FAMILY VACATION!**  
 Gettysburg Commemorates the 150th Anniversary of the Battle of Gettysburg  
 Visit <http://gettysburgcivilwar150.com/>

*The John Fritz & Quentin Wright*



*The Best Preparation for Wrestling and Life*

## WORLD CLASS STAFF

*Featuring:*

**2X NCAA CHAMPION**

☆ **QUENTIN WRIGHT** ☆



**NCAA Champions & Olympians**

**KERRY McCOY**  
**SANSHIRO ABE**

**& Other Penn State Greats!**

**JR HIGH/MIDDLE SCHOOL TEAM CAMP** (6-8th grade / 8-11th grade)

### MULTIPLE CAMP OPTIONS

- JR HIGH/MIDDLE SCHOOL TEAM CAMP
- COMPETITION/TECHNIQUE CAMP
- YOUTH CAMPS (NOVICE TO ADVANCED)

*Great Location!* **JUNE 22-25**  
**at Gettysburg College**  
*(in Gettysburg, PA)*

For more information, contact Keystone Wrestling Camps at [email@keystonewrestlingcamp.com](mailto:email@keystonewrestlingcamp.com) or [WWW.KEYSTONEWRESTLINGCAMP.COM](http://WWW.KEYSTONEWRESTLINGCAMP.COM)  
**All camps may be adjusted to 2, 3, or 4 day options. Please call for more information and to make arrangements.**

CAMP DESIGN

Keystone’s special camps are designed so that wrestlers of all skill levels can improve maximally under the guidance of an outstanding staff. **All camps stress technique, competition and training**, and all areas of championship wrestling are covered. The pursuit of excellence at all times, sportsmanship, and positive mental attitude are emphasized in all camps. **CHOOSE THE CAMP THAT SUITS YOU THE BEST!**

YOUTH CAMPS

The Youth and Advanced Youth Camps are designed so that young wrestlers will have a positive experience on and off the mat under the direction of an expert staff, experienced in the development of young champions. Our Youth Camp goal is to teach discipline, basic and advanced techniques (based on experience level). Although wrestlers will have three wrestling sessions daily, they will be exposed to other athletic activities to ensure a well rounded camp experience. Our resident youth staff was specifically chosen because of their ability to work with young wrestlers and provide **24 HOUR SUPERVISION**. At Keystone we make it a priority to make sure the young wrestlers have **FUN**, as one of the main goals is to make sure wrestlers have a positive experience so they continue in this great sport.

Typical **YOUTH CAMP** Day:

- 7:00–8:00 am–BREAKFAST
- 9:00–10:15 am–Session I (*Wrestling Instruction*)
- 10:30–11:00 am–Swim
- 12:00–1:00 pm LUNCH
- 2:00–3:15 pm–Session II (*Wrestling Instruction, Drills & Competition*)
- 3:15–4:00 pm–Organized Activity (*Competitive Games*)
- 5:00–6:00 pm DINNER
- 6:30–8:00 pm–Session III  
*(Wrestling Instruction, Related Games & Competition)*

YOUTH/NOVICE CAMP

**YOUTH/NOVICE CAMP**, open to beginning, first and second year wrestlers ages 8-12, is designed to **BUILD** a solid foundation, in three wrestling sessions a day. In these sessions the wrestlers will learn basic skills through instruction from our world class staff while they also learn team work skills through a variety of athletic activities.

The **NOVICE CAMP**...for the young wrestler just starting out will concentrate on **COORDINATION, KINESTHETIC AWARENESS, and BASIC WRESTLING SKILLS** along with an introduction to wrestling with an emphases on fun to encourage our young wrestlers to continue in our great sport and proceed to the next level.

ADVANCED YOUTH CAMP

The Advanced Youth Camp is designed for the experienced elementary wrestler and is open to wrestlers ages 9–12. The pace and intensity of this group will be greater than that of the Youth/Novice camp. Learn to **INTENSIFY** your pace and build upon your existing wrestling skills through 3 daily wrestling sessions and a variety of athletic activities.

For the experienced young wrestler to prepare them for Jr. High and the next level by teaching a sound foundation of the fundamental skills and leading to the more advanced techniques for those who pass the skills evaluation we will administer. This program will be interspersed with wrestling related games and activities to keep campers interest and motivation. This group may be divided into sub-groups depending on the make-up.

*Coaching Athletes to be Champions  
On and Off the Mat*

JR HIGH/MIDDLE SCHOOL TEAM CAMP

Unique Team Camp Concept  
Guaranteed 12 Dual Meets

The Jr. High / Middle school team camp will emphasize competition for the middle school wrestler, often overlooked in typical High School / Jr. high team camps.

**Two Divisions** - Grades 6-8 and Grades 8-11. Advanced 8th graders qualify for the 8-11 grade group as do those entering 11th grade looking to get varsity competitive experience. Teams and Individuals are welcome. Individuals will be assigned to a team.

Team Camp wrestlers will train as a small group with a Keystone Staff member. They will be guaranteed **12 DUALS**, but different from many team camps, the teams, which could be composed of **JR HIGH/MIDDLE SCHOOL TEAMS, CLUBS** or **INDIVIDUALS**, will be Trained in a small group as a team by a Keystone Staff Member in addition to competing to maximize their development. The first hour of most sessions will be instruction and hard drilling. Dual competition will follow with feedback from their assigned coach as well as their Jr High or High School coach if he attends. We will make sure the campers know the basics that we stress and we'll teach them how to drill and perfect their techniques as well as compete. Many high school coaches will attend in order to have an opportunity to work with future team members.

**WWW.KEYSTONEWRESTLINGCAMP.COM**  
email@keystonewrestlingcamp.com

For more information call:  
John Fritz–Keystone Wrestling at 814–360–5123

KEYSTONE PROMISE

**AT KEYSTONE WE ARE DETERMINED TO SEND EACH CAMPER HOME A BETTER PERSON, AND A BETTER WRESTLER. WE USE A PROVEN SYSTEM THAT REINFORCES THE TECHNIQUES TAUGHT THROUGH VARIOUS DRILLS. YOU WILL LEARN THE CORE TECHNIQUES NECESSARY TO WIN AT THE TOP LEVELS FROM OUR WORLD CLASS STAFF.**

COMPETITION/TECHNIQUE CAMP

**KEYSTONE** will continue to offer a **COMPETITION/TECHNIQUE CAMP** for high school wrestlers that will combine competition and technique to develop **SKILLS** in a **COMPETITIVE** environment. This group will be divided into sub-groups depending on skill levels and experience.

**COMPETITION/TECHNIQUE CAMP** meets the needs of all wrestlers entering grades 6–12, from beginner through advanced levels. Campers are Grouped according to experience and skill level. This group concentrates on **TECHNIQUE INSTRUCTION** and **COMPETITION**. Three sessions daily consisting of Technique Instruction, Drills and Competition including special sessions in the evening comprised of Competition, Nutrition, Strength Training and Leadership.

**ACHIEVE** maximum improvement of **TECHNIQUE** and **COMPETITIVE SKILLS** through our unique drilling system and live wrestling. **FOCUS** on technique development and refinement through **EXPERT INSTRUCTION, HARD DRILLING** and **COMPETITION**.

KEYSTONE PHILOSOPHY

Keystone is one of the nation’s top wrestling camps because our World Class Staff is committed to building champions on and off the mat. At Keystone you will have constant contact with some of the best wrestlers and coaches in the world, who will teach techniques that are successful at the highest levels of wrestling. Our camp is designed so that each wrestler benefits from our unique system of personalized instruction, various drills, live wrestling, conditioning, strength training, and mental toughness training.

The Keystone Staff has been carefully selected because of their passion and dedication. If you share this passion and dedication we look forward to helping you achieve your goals at Keystone this summer.

Keystone Wrestling Camp has trained wrestlers for over 30 years. We believe our success in helping all levels of wrestlers improve to their maximum is because of a proven system designed to emphasize and perfect the most important skills by repetition drilling and also by exposing wrestlers to techniques taught by some of the greatest technicians in the world.

WORLD CLASS STAFF

Featuring:  
★ 2X NCAA CHAMPION ★  
**QUENTIN WRIGHT**

NCAA Champions & Olympians

**KERRY McCOY**

University of MD Head Coach  
ACC Champions

**SANSHIRO ABE**

Pitt Bull Wrestling Club  
Pittsburgh Central Catholic Coach

RESIDENT STAFF

Outstanding College Wrestlers will serve as counselors

*Including wrestlers from PENN STATE and  
GETTYSBURG COLLEGE as well as other college wrestlers*

**PENN STATE WRESTLER**  
**James English**

Some of the Top Coaches in the Country

- Ryan Cummins** - State College HS
- Bernie Fritz** - PSU All Amer., Wissahickon HS/Youth Coach
- Dave Gable** - Dallastown HS
- Bob Gano** - Biglerville HS
- Scott Goodwill** - Donegal
- Chris Haines** - Gladiator Wrestling Club
- Dave Hart** - PSU All American / Nittany Lion Wrestling Club
- Tom Maddock** - Valley Stream North NY
- AJ Maida** - Methacton HS
- Kevin McCleary** - Dover Jr. HS
- Jerry McDonald** - Warwick Jr. HS
- John Mousetis** - Warwick HS
- Eric Rhoads** - Manheim Central Middle School
- Greg Sprenkle** - Southwestern HS
- Andy Vogel** - Gettysburg College Coach, 3X All American
- Ralph Voit** - Governor Mifflin HS
- Stan Zeamer** - National Champion, Manheim Central
- Brent Zeiders** - Central Dauphin HS
- John Fritz** - Director/NCAA Champion PSU

ATTENTION COACHES:

Keystone will conduct evening sessions for coaches who attend with their teams. These sessions will be on and off the mat discussions with some of the legendary coaches and members of the staff. Email or call us at 814–360-5123 to conduct a clinic at your school or club. **www.keystonewrestlingcamp.com**