

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!**

JUNIOR CAMPS

The Junior and Advanced Junior 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 Junior 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 **JUNIOR CAMP** Day:

- 8:00–9:00 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)

JUNIOR/NOVICE CAMP

JUNIOR/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 JUNIOR CAMP

The Advanced Junior Camp is designed for the experienced elementary wrestler and is open to wrestlers ages 8–12. The pace and intensity of this group will be greater than that of the Junior/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*

**Unique Team Camp Concept
JR HIGH/MIDDLE SCHOOL TEAM CAMP
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
Tom Kessler at 717–815–1449
Jerry McDonald at 717–626–4345

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.

TECHNIQUE/COMPETITION CAMP

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

TECHNIQUE/COMPETITION 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**.

WORLD CLASS STAFF

Featuring 4X NCAA & Olympic Champion

★ **CAEL SANDERSON** ★

KERRY MCCOY • SANSHIRO ABE and others!

RESIDENT STAFF

OUTSTANDING COLLEGE WRESTLERS WILL SERVE AS COUNSELORS

A partial list of some of the top coaches in the country

Bernie Fritz - Wissahickon youth / HS coach	Kevin McCleary - Dover Jr. High	Biff Walizer - Red Lion
Brandon Bailey - York College	Dave Gable - Dallastown	Tom Kessler - York College Head Coach
AJ Maida - Methacton HS	Jim English - Central York	John Fritz - Director
Ralph Voit - Governor Mifflin HS	John Mousetis - Warwick HS	Hachiro Oishi
Frank Ferrandino - Wyomissing HS	Jerry McDonald - Warwick Jr High	Stan Zeamer

**KEYSTONE MAINTAINS ONE OF THE LARGEST STAFFS IN THE COUNTRY TO INSURE PERSONALIZED INSTRUCTION
10:1 CAMPER TO STAFF RATIO**

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.

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**

2011 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 2011 _____

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 York 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 26–29

\$405 Resident/\$305 Commuter/\$150 Deposit
 (10 or more - \$390 each) — *Coaches Attend Free*
 (18 or more - \$380 each)

☐ **TECHNIQUE/COMPETITION CAMP**
June 26–29

\$405 Resident/\$305 Commuter/\$150 Deposit

☐ **JUNIOR CAMP/NOVICE**
June 26–29

\$405 Resident/\$305 Commuter/\$150 Deposit
 (2 or 3 day options can be arranged - please email or call)

☐ **ADVANCED JUNIOR CAMP**
June 26–29

\$405 Resident/\$305 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

For more information call: John Fritz, Keystone Wrestling at 814–360–5123, Tom Kessler at 717–815–1449 or Jerry McDonald at 717–626–4345

Form may be duplicated for additional applicants

Payment Method ☐ Visa ☐ MasterCard ☐ Check

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

 Credit Card Number

 Expiration Date

 Signature

2011 KEYSTONE HIGHLIGHTS

- ☆ **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**

JOHN FRITZ'S 2011 KEYSTONE WRESTLING CAMP

The Best Preparation for Wrestling and Life

JUNE 26-29

at York College of PA

in state-of-the-art AIR CONDITIONED GYM

New for 2011

JR HIGH/MIDDLE SCHOOL

TEAM CAMP (6-8th grade / 8-11th grade)

MULTIPLE CAMP OPTIONS

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

WORLD CLASS STAFF

Featuring:

4X NCAA & Olympic Champion

★ **CAEL SANDERSON** ★

KERRY MCCOY

SANSHIRO ABE and others!

For more information, contact Keystone Wrestling Camps at email@keystonewrestlingcamp.com or WWW.KEYSTONEWRESTLINGCAMP.COM
All camps may be adjusted to 2, 3, or 4 day options. Please call for more information and to make arrangements.

