



## 4-DAY INTENSIVE CAMP

This camp is the complete training camp! Instead of overpaying for a team camp that only focuses on 1-1-1 matches all day, we want to provide a training camp that showcases a combination of running, lifting, technique, drilling, intense practices, and end of the day competitions amongst the campers.

This camp will also provide the camper with the individual attention that you can't get at large number camps. We will have at least 1 counselor per 10 wrestlers.

### DAILY SCHEDULE

7:45	Check-In
8 a.m.	Run
9-11 a.m.	Session I (Technique)
11 a.m. - 1 p.m.	Lunch
1-3 p.m.	Session II (Technique and Drills)
3-3:30 p.m.	Break
3:30-5 p.m.	Live Practice
5:15 p.m.	Dismissed

### CAMP CHECK-IN INFORMATION

Check in will be at 7:45am on the first day of camp on location.

All campers must bring the REMAINING BALANCE DUE and all INSURANCE FORMS.

All campers who participate in camp must complete a Medical History, Consent and Insurance Information form that can be obtained at: [www.EMUEagles.com/camps](http://www.EMUEagles.com/camps).

### CONTACTING THE COACHING STAFF:

Derek DelPorto	David Bolyard
Head Wrestling Coach	Assistant Wrestling Coach
734.487.6429	734.487.0395
<a href="mailto:derek.delporto@emich.edu">derek.delporto@emich.edu</a>	<a href="mailto:david.bolyard@emich.edu">david.bolyard@emich.edu</a>



Head Coach  
Derek DelPorto  
NCAA All-American



Assistant Coach  
David Bolyard  
NCAA All-American



Assistant Coach  
Joe Pflug  
NCAA All-American

*"This camp focuses on the training needs for a team to prepare for the future. Other camps simply provide a place to compete. This camp provides a place to train, learn and compete."  
- Derek DelPorto, Head Coach*

### CAMP COUNSELORS FEATURING: MICHIGAN AND STATE FINALISTS

Jaylyn Bohl  
 Jake Byers  
 Mike Curby  
 Chris Eggert  
 Lester France  
 Jared Germaine  
 Nick Hendrick  
 J.J. Johnson  
 Justin Joseph  
 Phillip Joseph  
 Mike LeHolm  
 Derrik Marry  
 Andrew Novak  
 Alex Ortman  
 Matt Pettigrew  
 Corey Phillips  
 Seth Schaner  
 Wes Schroeder  
 Nick Whitenburg  
 Brent Winekoff

Allegan H.S.  
 Rockford H.S.  
 Hillsdale H.S.  
 Dundee H.S.  
 Flatrock H.S.  
 Swan Valley H.S.  
 Flint Powers H.S.  
 Rockford H.S.  
 Lapeer East H.S.  
 Lapeer East H.S.  
 Jackson Northeast H.S.  
 Hudson H.S.  
 New Boston Huron H.S.  
 Temperance Bedford H.S.  
 St. John's H.S.  
 Canton H.S.  
 Big Rapids H.S.  
 Addison H.S.  
 Temperance Bedford H.S.  
 Canton H.S.



## REGISTRATION

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City, State and Zip code \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

High School \_\_\_\_\_

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

T-Shirt Size (circle) S M L XL XXL

### July 11-14 - Canton H.S.

4-Day Intensive Camp  \$200

### August 1-4 - Tecumseh H.S.

4-Day Intensive Camp  \$200

### Non-Refundable Deposit of \$50 Due By June 1st

\*Please make checks payable to Advantage Wrestling Club

This camp is open to any and all entrants in grades 7-12.

### Mail this form and deposit to:

EMU Wrestling, 213 Bowen Field House, Ypsilanti, MI 48197

# CAMP CHECKLIST

- Insurance information
- Plenty of wrestling gear
- Wrestling shoes
- Running shoes
- Head gear (not mandatory)
- Towel
- Extra money for snacks, pizza and EMU Wrestling gear



All information for the 2011 camp, including insurance forms are available online at [EMUEagles.com](http://EMUEagles.com)

ADVANTAGE WRESTLING CLUB  
327 Pembroke Drive  
Saline, MI 48176



ADVANTAGE WRESTLING CLUB

2011  
4-DAY INTENSIVE  
WRESTLING  
SUMMER CAMPS



SATELLITE LOCATIONS

JULY 11-14 - CANTON H.S.  
AUGUST 1-4 - TECUMSEH H.S.