



## 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:

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

Jaylyn Bohl	Allegan H.S.
Jake Byers	Rockford H.S.
Mike Curby	Hillsdale H.S.
Chris Eggert	Dundee H.S.
Lester France	Flatrock H.S.
Jared Germaine	Swan Valley H.S.
Nick Hendrick	Flint Powers H.S.
J.J. Johnson	Rockford H.S.
Justin Joseph	Lapeer East H.S.
Phillip Joseph	Lapeer East H.S.
Mike LeHolm	Jackson Northeast H.S.
Derrik Marry	Hudson H.S.
Andrew Novak	New Boston Huron H.S.
Alex Ortman	Temperance Bedford H.S.
Matt Pettigrew	St. John's H.S.
Corey Phillips	Canton H.S.
Seth Schaner	Big Rapids H.S.
Wes Schroeder	Addison H.S.
Nick Whitenburg	Temperance Bedford H.S.
Brent Winekoff	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

### June 27-30 - Allegan H.S.

4-Day Intensive Camp    \$200

### 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

#### Mail this form and deposit to:

Advantage Wrestling Club  
327 Pembroke Dr., Saline, MI 48176

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

# 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**

**JUNE 27-30 - ALLEGAN H.S.  
JULY 11-14 - CANTON H.S.  
AUGUST 1-4 - TECUMSEH H.S.**