

2008 LADY EAGLES WRESTLING CAMP

JULY 6TH TO JULY 10TH AT LOCK HAVEN UNIVERSITY



LADY EAGLE WRESTLING...

- OUTSTANDING COACHES
 - SYSTEMATIC TEACHING
 - GREAT ENVIRONMENT
- ...WHERE EAGLES DARE**

*Get ready Fargo in the Intensive Freestyle Camp
Develop Folk Style Skills in the Folk Style Skills Camp
Just getting started? Enroll in the Beginners Camp*

OUTSTANDING STAFF:

- **DAVE CROWELL**, ONE OF THE NATIONS FINEST COACHES. DAVE HAS WON STATE TEAM TITLES AND DEVELOPED STATE CHAMPIONS AT THREE DIFFERENT SCHOOLS. HE HAS WON THE PA COACH OF THE YEAR AWARD AT AA AND AAA, AND HAS BEEN NAMED *NATIONAL WRESTLING COACHES ASSOCIATION* SCHOLASTIC 'COACH OF THE YEAR'. GREAT TEACHER.
- **ROCKY BONOMO**, MEN'S HEAD COACH AT LHU
- NCCA D1 2X ALL-AMERICAN, OUTSTANDING CLINICIAN
- **MIKE ROGERS**, MEN'S ASST. COACH AT LHU
- NCCA D1 2X ALL-AMERICAN, MASTER OF THE CRADLE
- **PANAYOT KIROV**, 1984 BULGARIAN OLYMPIC TEAM, BULGARIAN ASST. NAT'L COACH, BRONZE MEDAL WORLD CHAMPIONSHIPS 1982, BULGARIAN OLYMPIC TEAM 1984

LOCK HAVEN IS KNOWN FOR GREAT WRESTLING TRAINING, AND THIS CAMP WILL CONTINUE THAT TRADITION. WE WILL COMBINE TECHNICAL INSTRUCTION, DRILLING, AND LIVE WRESTLING TO MAXIMIZE LEARNING AND RETENTION. TO BE A CHAMPION, ONE MUST TRAIN LIKE A CHAMPION. LET US HELP YOU BECOME THE BEST YOU CAN BE!

SEE THE OTHER SIDE FOR REGISTRATION INFORMATION.

VISIT THE LHU WOMEN'S WRESTLING WEBSITE:
[HTTP://WWW.LHUP.EDU/SPORTS/WOMENSWRESTLING.HTM](http://www.lhup.edu/sports/womenswrestling.htm)

CHOOSE THE CAMP THAT'S RIGHT FOR YOU!

INTENSIVE FREESTYLE CAMP: GET READY FOR FARGO WITH SKILLS, DRILLING, LIVE WRESTLING AND CONDITIONING. PLEASE SHOW UP IN SHAPE TO TRAIN!

FOLKSTYLE SKILLS: EMPHASIS ON SKILL DEVELOPMENT. LIVE WRESTLING AND CONDITIONING WILL BE INCLUDED AS APPROPRIATE. BE READY TO WORK HARD.

BEGINNERS CAMP: EMPHASIS ON WRESTLING SKILLS AND MOVEMENT PATTERNS. GAMES AND TUMBLING TO ENHANCE WRESTLING SKILLS WILL BE EMPLOYED.

- **COST: RESIDENT CAMPER \$400; RESIDENT PARTNERS \$350 EACH**
 - **RESIDENT TEAM MEMBER (6 OR MORE); COMMUTER \$325;**
- **COMMUTER PARTNER \$300; COMMUTER TEAM MEMBER(6 OR MORE) \$275**
 - **REGISTER ON LINE AT www.lhup.edu/camps,**
CLICK ON 'CAMPS' AND SCROLL DOWN TO 'LADY EAGLES WRESTLING CAMP'.
LOOK FOR 'REGISTER ON LINE' LINK

OR

COMPLETE FORM BELOW AND MAIL WITH PAYMENT

MAIL TO: LADY EAGLE WRESTLING CAMP, 224 THOMAS FIELDHOUSE LOCK HAVEN, PA 17745

PLEASE CHECK CAMPER STATUS AND IN WHICH CAMP YOU ARE ENROLLING

RESIDENT CAMPER \$400 **RESIDENT PARTNERS \$350 EACH**

RESIDENT TEAM MEMBER (6 OR MORE) **COMMUTER \$325**

COMMUTER TEAM MEMBER (6 OR MORE)

FREESTYLE INTENSIVE **FOLKSTYLE SKILLS** **BEGINNERS CAMP**

NAME: _____ TEAM OR PARTNER NAME _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

HOME PHONE: _____ PARENTS WORK PHONE: _____ PARENTS CELL PHONE _____

PARENTS E-MAIL ADDRESS: _____ CAMPER'S CELL PHONE _____

COACH'S NAME: _____ COACH'S PHONE _____

GRADE IN SEPTEMBER 2008 _____ SCHOOL _____

ROOMMATE PREFERENCE: _____

