

The Bison Wrestling Camp Staff



DAN WIRNSBERGER
- CAMP DIRECTOR -

Dan Wirmsberger officially became the 15th coach of the Bucknell wrestling program on May 10, 2005. A three-time wrestling All-American at Michigan State University, Wirmsberger previously served as the head coach of Bloomsburg University's Division I program since 2002.

As head coach of Bloomsburg for three seasons, Wirmsberger qualified 10 student-athletes for the NCAA Tournament, including six in 2005, and he coached the program's first-ever Olympic Trials qualifier. He helped four Huskies win Eastern Wrestling League titles and six win PSAC crowns. Named the 2005 PSAC Coach of the Year after leading Bloomsburg to the team title for the first time since 1990, Wirmsberger's recruiting classes were ranked 14th and 19th, respectively, in 2003 and 2004 and his first recruiting class at Bucknell received a No. 14 ranking. In 2004-05, the Huskies posted a 10-6 dual-meet record (4-2 EWL) and crowned three EWL champions while finishing fifth at the league tournament.

A 1995 graduate of Michigan State University with a degree in criminal justice, Wirmsberger posted a 35-8 record and was the Big Ten Champion and NCAA runner-up at 158 pounds in 1995. That was his third of three straight All-America plaques, and he earned team Most Valuable Wrestler honors. Overall in his career, Wirmsberger compiled a record of 120-44, third most wins in school history. In NCAA competition, he logged 11 wins for the Spartans in three trips to nationals. During his career at Michigan State, the team went from a struggling program to a 12th-place national ranking his sophomore year, 25th his junior year and third in the nation his senior season.

LARRY SPRECHER
- CAMP DIRECTOR -



Larry Sprecher enters his second year as assistant wrestling coach for Bison. Sprecher came to Bucknell after serving as a graduate assistant for the wrestling program at Bloomsburg University. At Bloomsburg, Sprecher helped Wirmsberger lead the squad to the 2005 PSAC title and had six wrestlers qualify for the NCAA Div I Tournament. He also served as tournament director for the AAU Ironman tournament and designed marketing strategies for summer wrestling camps during his stint with the Huskies.

Prior to his time at Bloomsburg, Sprecher served as head coach for E.A. Laney High School in Wilmington, N.C. Before coaching at Laney, Sprecher served as an intern strength and conditioning coach with the Pittsburgh Steelers where he helped implement strength, conditioning, and rehabilitation programs for all players and lived on site with the team during the 1998 training camp.

A 1998 graduate of the University of Pittsburgh, Sprecher earned a bachelor of science in education and is working to complete his masters degree in exercise physiology from Bloomsburg. While at Pitt, Sprecher was a varsity wrestler and earned the Bell Atlantic Division I Scholar Athlete Award his senior year.



DAVE HOFFMAN
- CAMP DIRECTOR -

This past summer, Dave Hoffman was brought on board as an assistant on the Bucknell wrestling staff. Hoffman, a Spring City, Pa., native, is responsible for coaching the varsity lightweights and assisting Dan Wirmsberger and Larry Sprecher with the overall administration of the program.

Hoffman graduated from Virginia Tech in 2006 where he was a four-time NCAA Championship qualifier and an All-American his senior year. During his career with the Hokies, Hoffman compiled a record of 116-32, including 19 major decisions, five technical falls and 38 falls.

Hoffman also earned Freshman All-America honors from Amateur Wrestling News in 2002.

At The Hill School in Pottstown, Pa., Hoffman was a five-time prep All-American and two-time prep national champion, one of only two wrestlers in prep school history to achieve All-America status five times. He posted a record of 195-17 in his prep school career.

The Bison Style Wrestling Camp Facilities



Gerhard Fieldhouse



Krebs Family Fitness Center

The 2007 Bison Style Wrestling Camps

CAMP K – JUNE 11 – 14 COST: \$270.00

Truly one of the most unique learning and training environments in the country, Camp K, is situated along one of the best trout streams in the United States, right at the base of the Appalachian mountains. You will stay in well equipped cabins surrounded by woods and train under a pavilion that overlooks a lake. In your free time you will have access to canoes so that you can fish on the lake, and if you have a paintball gun, bring it! During the week we will track up the mountain to play several games of paintball. The daily schedule of this camp will consist of two sessions a day. The morning session you will learn technique from current college wrestlers and the Bison Style wrestling staff. In the afternoon you will be put through live training sessions where you will get plenty of live competition.

PARENT/CHILD WEEKEND – JUNE 29 – JULY 1 COST: \$160 PER CHILD, \$160 PER ADULT

Come join the Bucknell University camp staff in the most unique learning environment in the country! Learn techniques that will help you and your young wrestler succeed at any level, while being surrounded by many staff members for ample one on one attention. Lectures will be given on strength training, nutrition and other important areas that young wrestlers often miss out on. Included in the cost of this camp is an evening trip to Knoebels Amusement park. Do all this while spending quality time with your son or daughter!

SR. HIGH TEAM CAMP – JULY 8 – 12 COST: \$395.00

Bucknell University wrestling's intensive team camp is the innovator of the team training philosophy. This week provides an awesome challenge both mentally and physically to wrestlers and coaches who are looking for the competitive edge! Wrestlers will have the opportunity to wrestle over 20 matches in one week! Wrestlers compete in dual meets and a double-elimination tournament. Two daily technique sessions are also provided along with optional morning runs and lifts to complete this intense camp experience. Individuals are welcomed and will be placed on a team.

JR. HIGH TECHNIQUE AND TRAINING CAMP JULY 8 – 12 COST: \$395.00

This camp is a must attend for any jr. high-aged wrestler. Your athlete will be taught daily by two of the most dynamic coaches in the country Ed Arndt and Matt Dunn. In addition to Ed and Matt, current college wrestlers and the rest of the Bison Style wrestling staff will augment Ed and Matt's instruction. What makes this camp unique is the quality of instruction and the individual attention to each athlete, which is so crucial at this age. Each day will begin with a technique session. The second session of each day will be a small group technique session where each wrestler will receive up close and personal attention from our coaching staff. The last session of each day will revolve around live competition. In addition to this format there will be sessions on proper weight lifting techniques and good nutritional habits vital to being a national level competitor. Each camp attendee will leave with a technique handbook that goes over everything that has been taught at our camp, along with a strength and conditioning manual.



ED ARNDT
- JR. HIGH CAMP DIRECTOR -

Ed Arndt has been coaching the sport of wrestling for over four decades. During his tenure as a coach, Ed has coached multiply PIAA state qualifiers and state medalists. Ed specializes in teaching and motivating jr. high-aged competitors and giving them the fundamentals that carry them on to successful high school and collegiant careers. He is by far one the most motivational leaders and he has a knack for getting the most out of anyone that comes in contact with him. In addition to his extensive knowledge of wrestling, Ed currently owns and operates A – Trained fitness where he personally trains some of the premier athletes in the central Pennsylvania region. Ed will bring this knowledge of weight training and nutrition to your athlete through several weight training sessions and nutritional seminars.



MATT DUNN
- JR. HIGH CAMP DIRECTOR -

Matt wrestled at UNCP and UNCG and served as captain while at both NCAA Division I institutions. His tremendous work ethic garnered him Academic All-America status. In Matt's senior season of high school, he went undefeated and won a North Carolina state championship. In addition to his folkstyle abilities, Matt also won several Freestyle and Greco state championships. In addition to wrestling, Matt also holds a certification as a professional strength and conditioning trainer, and in 1999 was named the NASA Most Outstanding Power Lifter 1999. Following graduation from college, Matt served as an assistant wrestling coach at UNCP where he graduated Magna Cum Laude with a bachelor's degree in exercise and sports science and social sciences.

TECHNIQUE AND TRAINING CAMP AT THE NEW ENGLAND WRESTLING ACADEMY JUNE 24-28 COST: \$270.00

In efforts to make major Division I college wrestling more accessible to the New England area, Bison Style Wrestling Camps has teamed up with long time New England coach Dan Reyes to run a day camp. This day camp will offer two sessions a day. The morning session will focus on technique and learning drills that will make you an effective high school wrestler at the national level. The afternoon session will focus on live competition and situational wrestling. This camp is perfect for the competitor that is looking to make the step to the next level. Limited to the first 60 entries.

DAN REYES
- CAMP DIRECTOR -

As a high school wrestler in the state of Massachusetts, Dan earned All-America status during his senior season. Following up his stellar senior season, Dan earned a spot on the 1999 Puerto Rico National Team in freestyle. A great technician and motivator, Dan has proven himself to be one of the best coaches in the Northeast. To date, Dan has coached and personally trained over 60 state champions, multiple high school All-Americans and four national champions. Currently Dan serves as the Head Coach at the University of New Hampshire and is the Co-Founder, Director and Coach of the New England Academy of Wrestling.

REGISTRATION FORM	
Last Name:	
First Name:	
Address:	
Age at time of camp:	
City:	
State:	Zip:
Home Phone:	
<i>Please indicate the camp(s) you will attend.</i>	
Emergency contact information	
Name:	
Relationship:	
Phone:	
Medical Insurance Information	
Company Name:	
Policy Number:	
<p>I approve my child's attendance at the Bison Style Wrestling Camp and certify that he is in good health. If medical attention is required for illness or injury during camp, I grant my permission for such care to be rendered. I hereby recognize and understand that the university and/or coaches/staff are not responsible for any injury of any kind that may occur on the way to, during or on the way home from any camp session sponsored by the Bison Style Wrestling Camps.</p> <p>I do hereby voluntarily consent to examination and emergency service treatment including the administration of such drugs, infusion and transfusion of blood or blood components deemed necessary in the judgment of the physician's and whomever may be delegated as assistants of the medical staff of the Lewisburg Hospital.</p> <p>I certify that I have read and fully understand the consent given herein. I also certify that no guarantee or assurance had been made as to the results that maybe obtained. The undersigned intends to be legally bound hereby.</p> <p>Authorized Signature _____</p>	
Please note any preexisting conditions here:	
<p>Please make checks payable to: Bison Style Wrestling Camps</p> <p>Send checks to: The Office of the Wrestling Coach, Department of Athletics and Recreation, Bucknell University, Lewisburg, PA 17837</p>	
<p>ONLINE REGISTRATION AVAILABLE AT WWW.BUCKNELLBISON.COM</p>	

ONLINE REGISTRATION PREFERRED
PAY BY CHECK OR CREDIT CARD

FOR MORE INFORMATION ON:

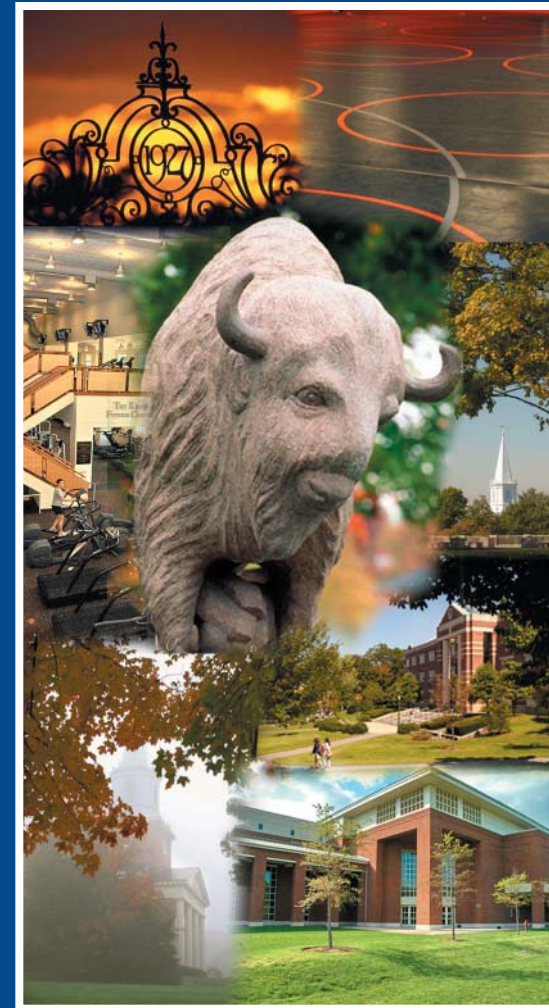
- Daily schedules for each camp
- Camp locations, maps and directions
- Registration information
- Check in/check out information
- What to bring to each camp

Log onto www.bucknellbison.com, click on the wrestling link and then click on the camps link.



The Office of the Wrestling Coach
Department of Athletics and Recreation
Bucknell University
Lewisburg, PA 17837

Bison Style Wrestling Camps 2007



↔ at Bucknell University ▪ Lewisburg, Pa. ↔