

2010 Camp Philosophy

The Northwestern Wrestling Camps have decided to take to the road and bring you its collegiate team to your home town. This camp will help you achieve your summer wrestling objectives and will lead you to an outstanding 2010-11 season. You will be learning from NCAA Champions and World-Team Medalists. We will guarantee an 8:1 athlete/coach ratio at every session. We will help you perfect any style (collegiate, freestyle, Greco) and we will answer any questions that you might have regarding technique and training. This camp is designed for you!

New for 2010: Disney Duals Training!

We will prepare you for the annual Disney Duals Tournament with live wrestling, conditioning, and technical assistance. Have your coach call us to set up your registration today! We will have MVW Camp Awards

Daily Camp Schedule

| | |
|----------|--------------------------------------|
| 10:00 AM | Morning session |
| 11:30 AM | Review and live wrestling |
| 12:00 AM | Lunch (Campers must bring their own) |
| 12:45 PM | Afternoon Session Begins |
| 1:45 PM | Live wrestling and matches |
| 2:45 PM | Review Session/Technical break-down |
| 3:00 PM | End |

Important Camp Information

Age Groups: 7 – 18 years of age. We will be splitting the camp into age group and ability levels as needed.

Check-in times: Registration is held between 9:30 AM and 10 AM on the first day of each technique camp.

- The camp will begin at 10 AM daily.

Supervision: Every precaution will be used to prevent accidents. We do not, however, assume any responsibility for medical, dental, or expenses incurred as a result of injuries.

What to bring: a towel, headgear if possible, changes of work-out gear, wrestling shoes, running shoes, kneepads, lunch, etc.

Eligibility: In accordance with NCAA rules, graduating high school seniors are eligible to attend.

Facilities: Both Lake Catholic and Fairview High School will provide the main gymnasium for our camp(s). Locker rooms will be available for wrestlers.

Camp Director



Drew Pariano - Associate Head Wrestling Coach at Northwestern University: Pariano was recently named the NWCA Division I National Assistant Coach of The Year. In four years at NU, Pariano has coached 23 NCAA Qualifiers, 11 NCAA All-Americans, 6 Big Ten Champions, 5 NCAA Finalists, and 3 NCAA Champions (Jake Herbert 2X and Dustin Fox). Pariano helped the Wildcats earn the 4th place trophy at the 2007 NCAA Championships.

He was a three time Ohio state champion from Fairview Park High School and a two-time Outstanding Wrestler at the state tournament. Among his many high school honors were Asics, USA Wrestling and Amateur Wrestling News High School All-American awards. Following his successful high school career, Pariano would become a three-time NCAA Division I National Qualifier, AWN All-Rookie Team Member and Midlands Tournament place-winner while at Northwestern University.

In the spring and summers of 2006, 2007 and 2008, Pariano coached at the World Team Trials. He also served as the director for the 2006 FILA Cadet and University Nationals. Pariano (2006) was a coach for the Ohio Junior National Dual team that took 3rd in the nation.

Prior to accepting his position at NU, Pariano spent two seasons as the head wrestling coach at Cornell College (Iowa). In just two seasons, Pariano rebuilt the Cornell Rams and earned his team an invitation to the NWCA National Duals for the first time in school history. Pariano also served as an assistant wrestling coach at John Carroll University for head coach Kerry Volkmann (2000-2003).

Northwestern Head Coach

Tim Cysewski: Coming off back to back to back NCAA Champions, Tim enters his 20th season as Northwestern's head wrestling coach. In 2007, the squad took 4th in the NCAA. Under Cysewski's direction, 29 Wildcats have earned All-American honors and 89 wrestlers have qualified for the NCAA Championships ...has produced four national champions and twelve Big Ten champions...in his rookie year as head coach he led Northwestern to a fourth-place finish at the NCAA Championships...Wrestled for U of Iowa...4X National Freestyle Champion...2X Outstanding Wrestler...5X Midlands Champion...2X World Team coach...he was also selected at the 2006 NWCA All-Star coach

Camp Clinicians and Coaches

Jake Herbert:

- 2X NCAA CHAMPION
- 2009 HODGE TROPHY WINNER
- World Silver Medalist at 84kg
- Big Ten Athlete of the Year
- 2009 US Open Champion and Outstanding Wrestlers at 84kg
- 2007 and 2009 NCAA Champion

Matt Storniolo:

- Assistant Coach at Northwestern University
- Two-time NCAA All-American
- Big Ten Freshman Wrestler of the Year
- Former Asst. Coach at Old Dominion

Jason Welch:

- A top 157 lbs wrestler nationally, NCAA Qualifier, 2X Midlands Placewinner
- Big Ten Tournament Finalist
- 3X California State Champion
- Junior Dan Hodge Trophy Winner

Brian Roddy:

- 174 Starter for Northwestern
- 2X State Champion for St. Edward H.S.
- Member of National Championship Team
- Fargo – Junior National F/S Finalist

Brandon Precin:

- 2008 and 2009 NCAA All-American at 125 lbs 3rd at NCAA's
- 3X NCAA Qualifier
- Midlands Tournament Champion
- Big Ten Tournament Finalist

**ADDITIONAL NORTHWESTERN WRESTLERS
WILL SERVE AS COACHES/COUNSELORS**

Camp Application (duplicate as needed)

Mail or Fax application with full payment to:

Drew Pariano
Northwestern Athletic Department
1501 Central Street
Evanston, IL 60208

Fax Number: 847-467-0295

Camp Registration Fee for the Lake Catholic Camp:
\$175 if you pre-register before June 10th
THE FEE WILL BE \$200 AT THE DOOR

LOWER PRICES THAN 2009!!!!

Camp Registration Fee for the Fairview High Camp:
\$175 if you pre-register before June 13th
THE FEE WILL BE \$200 AT THE DOOR

If registering after June 10th please call: 847-293-9237

Checks payable to: Drew Pariano/Northwestern Wrestling

Name _____

Address _____

City _____ Zip _____

Phone _____

Email _____

Weight _____ Grade (as of Sept. 2010) _____

Team or Club _____

Please specify your camp choice: Lake Catholic H.S.
Fairview High School

T-shirt Size (Please mark the appropriate box)

YL S M L XL

Parental Consent

We hereby request that you accept this application for enrollment of Drew Pariano's 2010 Northwestern Wrestling Camp. In consideration of your acceptance of this application, I hereby release the entire camp staff from all claims on account of injuries which may be sustained by my son or daughter while attending the camp.

Signature of parent or guardian DATE

All wrestlers must provide proof of insurance at registration.
NO WRESTLER WILL BE ABLE TO PARTICIPATE
WITHOUT INSURANCE.

Who to call in case of an emergency:

Telephone number:

Northwestern University Wrestling Camps

~ 2 N.E. OHIO LOCATIONS ~

Contact Information:

Drew Pariano
Northwestern University
Office: 847-491-4637
Cell: 847-293-9237
Fax: 847-467-0295
a-pariano@northwestern.edu
www.nusports.com



Recommended Hotels for overnight campers

Lake Catholic Camp (June 14-16)

Holiday Inn
5785 Heisley Road
Mentor, OH. 44060
440-357-0384

Fairview Camp (June 17-19)

Hilton Garden Inn
4900 Emerald Court S.W.
Cleveland, OH. 44135
216-898-1898

Drew Pariano's Northwestern University Wrestling Camps



~ Jake Herbert ~

2009 World Silver Medalist
2009 Hodge Trophy Winner
2-Time NCAA Champion
2009 US Open Champion & OW

**June 14th - 16th at
Lake Catholic High School
6733 Reynolds Road, Mentor, OH. 44060**

**June 17th - 19th at
Fairview High School
4507 W. 213th Street, Fairview Park, OH. 44126**

LOWER PRICES IN 2010!!!

For Further Information:

847-491-4637

a-pariano@northwestern.edu