

# Registration Form

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Parent/Guardian \_\_\_\_\_  
 School \_\_\_\_\_  
 Grade \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_  
 t-shirt size (circle one) YL S M L XL XXL  
 Roommate Preference \_\_\_\_\_

## Camps

Technique Camp \$335 Commuter \$ 275  
 Intensive Camp \$ 395 Commuter \$325

## Discounts

\$ 10 off camper for two or more applicants from the same team  
 \$ 25 off per camper for two or more applicants from the same family

Payment Option  
 Check or Money Order... Camp Fee

	\$
	\$
	\$

Total Enclosed  
 BALANCE DUE

\*All Checks or Money Orders Made out to Pittsburgh Wrestling Club

\*Checks can be turned in at camp registration or Mailed to:

Pittsburgh Wrestling Club Accounting Dept.  
 414 N. Jackson St.  
 Butler, PA 16001

\* A Parent/Guardian Waiver Form will be provided at camp registration check in.

# PITTSBURGH WRESTLING



**Wrestling Camp**

**2007**

**July 8th-12th**

**Intensive Camp  
&  
Technique Camp**



## Pittsburgh Wrestling Camp

Pittsburgh Wrestling Club  
 Accounting Dept..  
 414 N. Jackson St.  
 Butler, PA 16001

# 2007 PITTSBURGH WRESTLING CAMP

## What To Bring:

Campers should bring a pillow, blanket, towels, shorts and t-shirts, running shoes, and an alarm clock. Coin-operated laundry facilities are available in dorm. Campers should bring a little extra spending money if they want to order any additional food.

## Housing (for overnight campers):

Campers will reside in the University of Pittsburgh's Sutherland Hall. Sutherland Hall is full of all the necessary amenities. The dorm is fully air-conditioned, laundry facility, cafeteria and workout facility. Sutherland Hall is located in the heart of upper-campus right next to the Fitzgerald Field House where practice will take place. Dorms do have 24/7 security workers on-site.

## Meals:

Breakfast, Lunch, and Dinner will be provided to both commuter and resident campers. May want to bring spending money for our camp snack store or for ordering late food.

## Registration:

Registration will be held on the starting Sunday from 2-4 pm at Sutherland Hall where the campers will stay.

For further information feel free to contact Ron Tarquinio @ 412-874-0335 or rtarquinio@athletics.pitt.edu or Rande Stottlemeyer @ 412-648-9176 or rstottlemeyer@athletics.pitt.edu

## Pittsburgh Coaching Staff



- University of Pittsburgh Head Coach
- 3 x All-American, EWL Champion
- Produced 2 National Champions, 25 All-Americans & 21 EWL Champions
- 2 x EWL Co-Coach of the Year
- Western PA Sports Hall of Fame



- University of Pittsburgh Assistant Coach
- PIAA State Champion
- NCAA Qualifier
- EIWA Finalist
- Certified Strength and Conditioning Trainer



- University of Pittsburgh Assistant Coach
- 4 X NCAA Qualifier, EWL Champion
- 3 X University Freestyle All American
- 2005 Pan Am Games Bronze Medalist
- Junior National Freestyle Champion



- University of Pittsburgh Assistant Coach
- 4-X All-American
- 3-X PSAC Champion
- 2-X EWL Champion
- New Jersey High School State Champion

**\* Along with our experienced coaching staff, all of our camp counselors are successful Division I wrestlers.**

## Intensive Camp

The high school intensive camp provides more than just excellent technique. Our coaching staff will also provide strength and conditioning workouts along with seminars and information on how to train at the highest level. Any junior high or high school wrestler that is striving to become the best technical and conditioned athlete should at-

## Typical Day

6:30-7:30 AM Run/ Weight Training  
7:30-8:30 AM Breakfast  
9:00-11:00 AM Technique  
11:00-1:00 PM Lunch  
2:00-4:00 PM Drilling/ Live Matches  
4:30-6:00 PM Dinner  
7:00-8:30 PM Technique/Drilling/Conditioning  
9:00-11:00 PM Free Time

## Technique Camp

The technique camp is designed for the individuals needs as a wrestler. Campers will receive plenty individual instruction. Camp clinicians will cover a wide variety of technique ranging from basic position to advanced offensive and defensive techniques.

## Typical Day

6:30-8:00 AM Breakfast  
9:00-11:00 AM Technique  
11:30-1:00 PM Lunch  
2:00-4:00 PM Technique/Drilling  
4:30-6:00 PM Dinner  
7:00-9:00 PM Technique/Live Wrestling  
9:00-11:00 PM Free Time  
11:00 PM Bed Check and Lights Out