

2010 NEWBERRY COLLEGE WRESTLING CAMP

website: www.newberryathleticsite.com



four summer camps available

June 13-16
team camp

July 5-8
turn and pin camp

July 8-11
takedown camp

July 5-11
intensive camp

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Newberry Wrestling Camp
2100 College Street
Newberry, S.C. 29108

newberry college wrestling camp brochure direct link:
www.newberryathleticsite.com/page.asp?articleID=2848



2010 newberry wrestling camp

select a camp:

check in times from 2-3 p.m., check out at 11 a.m.

June 13-16 - team camp
one instructional session per day
two live wrestling sessions per day
\$335 (commuter price \$250)

June 5-8 - turn and pin camp
two instructional sessions per day
one live wrestling session per day
\$295 (commuter price \$225)

July 8-11 - takedown camp
two instructional sessions per day
one live wrestling session per day
\$335 (commuter price \$250)

July 5-11 - intensive camp
two instructional sessions per day
one live wrestling session per day
additional session per day
\$495 (commuter price \$375)

current school: _____

grade: _____ age: _____ weight: _____

roommate preference (if any): _____

name: _____

address: _____

city: _____ state: _____ zip: _____

email: _____

home phone: _____

emergency contact: _____

emergency phone number: _____

insurance carrier: _____

insurance policy ID: _____

insurance policy number: _____



Camp Philosophy

The Newberry College wrestling staff is dedicated to assisting youth wrestlers in their quest to improve their wrestling knowledge and skill. The camp will focus on the fundamentals of wrestling from all positions with a primary focus on technique, mat strategy, mental awareness, healthy weight management, work ethic, and life skills. Question and answer opportunities with counselors will be available for campers in order to assist their development. Our camper-to-staff ratio was 5:1 last year which helped provide the individual attention needed to improve wrestling skills. Choose from our team camps, takedown camps, turn and pin camps, or for future college wrestlers, the intensive camp.



Jason Valek
Newberry College Wrestling head coach. In four years, Valek has produced six All-Americans, one National Champion, and has sent twenty individuals to the national tournament. Newberry continues to move forward as they currently find themselves among the nation's best in NCAA Division II. Valek's teams are the NCAA Division II East Region Champions and NWCA National Duals runners up.

Jay Borschel
NCAA Division I All-America for the Iowa Hawkeyes. Followed coach Tom Brands from Virginia Tech to Iowa. Four time high school state champion in the state of Iowa and a NHSCA senior National All-America. Will be a senior at Iowa in 2009-10.

Matthew Finley
Newberry College Wrestling assistant coach. Finley, going into his fifth season with the Newberry College program, wrestled at North Carolina State University and pioneered the Clemson University wrestling club prior to joining the Newberry coaching staff.

Kelly Revells
Newberry College Wrestling assistant coach. The Summerville native going into his fifth season as an assistant with Newberry College. Revells was a NJCAA National Champion at Lassen College in 1997 and a two-time NCAA Division I national qualifier at Eastern Illinois University.

Eric Pack
Newberry College Wrestling assistant coach. Former California Junior College All-American at Bakersfield and Anderson College wrestler.

Kelly Anundson
NCAA D-II All-American, JUCO All-American, two-time World Champion in No Gi Grappling and former Newberry wrestler.

Daniel Dennis
All-American at the University of Iowa placing seventh at the 2009 NCAA National Championships.

Cy Wainwright
Undeclared NCAA D-II National Champion, two-time All-American, former Newberry wrestler and current assistant coach at St. Cloud State University in Minnesota.

Darrion Caldwell
2009 NCAA D-I national champion, two-time All-American at North Carolina State University.

Andrew Young
Two-time All-American, three-time state champion at Summerville, S.C., former Newberry College wrestler and currently an assistant coach at Summerville, S.C.

Newberry College Wrestlers
Including returning NCAA D-II national champion and two-time All-American Keeno Griffin, All-American and ranked #1 in the country Bryant Blanton, All-American Matt Oliver, and more.

Directions

Traveling West on Interstate-26 (from Columbia)
Exit the Interstate at exit 76 and turn left onto S.C. Highway 219. Go straight for 4.6 miles and turn right on College Street. The college will be on the right in 0.7 miles.

Traveling East on Interstate-26 (from Greenville)
Exit the Interstate at exit 76 and turn right onto S.C. Highway 219. Go straight for 4.6 miles and turn right on College Street. The college will be on the right in 0.7 miles.

What to Bring?

- towels, linen/sleeping bag, pillow
- toiletry bag (i.e. soap, shampoo, toothbrush, etc.)
- three sets of workout clothes per day
- wrestling shoes, headgear, and running shoes
- bathing suit
- spending money (i.e. snacks, drinks, apparel)

Newberry Wrestling Camp Itinerary

6:00 - 6:15 a.m.	Intensive Commuter Drop-off
6:30 - 7:15 a.m.	Intensive Campers Workout
7:15 - 8:15 a.m.	Breakfast
8:15 - 8:30 a.m.	Commuter Drop-off
9:00 - 11:00 a.m.	Wrestling Session I
11:30 - 12:30 p.m.	Lunch
1:00 - 2:00 p.m.	Swimming Pool
2:30 - 4:30 p.m.	Wrestling Session II
5:00 - 6:00 p.m.	Dinner
6:30 - 8:00 p.m.	Wrestling Session III
8:00 - 8:30 p.m.	Commuter Pick-Up
8:30 - 10:30 p.m.	Movie/Free Time
10:30 p.m.	All Campers in Room

Camp Director
Head Coach Jason Valek

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