

WEBSITE: WWW.VALEKWRESTLING.COM

Jason Valek's

2011 NEWBERRY WRESTLING CAMP

N

five summer camps available

June 22-26
competition camp

July 6-9
turn and pin camp

July 6-9
big man camp

July 6-13
intensive camp

July 9-13
technique camp

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newberry wrestling camp brochure direct link:
www.newberry.athleticsitenet/Valek/WrestlingSummerCamps.pdf

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

phone: 803.321.5659
 fax: 803.321.5169
 email: jason.valek@newberry.edu
 web: www.valekwrestling.com



2011 newberry wrestling camp

select a camp:

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

June 22-26 - competition camp
 one instructional session per day
 two live wrestling sessions per day
 \$375 (commuter price \$275)

July 6-9 - turn and pin camp
 two instructional sessions per day
 one live wrestling session per day
 \$295 (commuter price \$225)

July 6-9 - big man camp
 two instructional sessions per day
 one live wrestling session per day
 \$335 (commuter price \$250)

July 6-13 - intensive camp
 two instructional sessions per day
 one live wrestling session per day
 additional session per day
 \$495 (commuter price \$375)

July 9-13 - technique camp
 two instructional sessions per day
 one live wrestling session per day
 additional session per day
 \$375 (commuter price \$315)

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: _____



BJ Young

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 competition camps, technique camps, big man camps, turn and pin camps, or for future college wrestlers, the intensive camp.



Sean Byrnes

Jason Valek
Newberry College Wrestling head coach. In six years, Valek has produced 14 All-Americans, one two-time world champion, three NCAA D-II national champions, and has sent 28 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 three time NCAA Division II East Region champions, two-time NWCA National Duals runners up, and NCAA D-II national runners up.

Chris Bono
Assistant coach at perennial NCAA Division I wrestling powerhouse Iowa State. Bono has assisted in producing one of the best college wrestling programs in the country while at Iowa State. The Philadelphia, Pa. native owns a stellar record as an international grappler, having won the Dave Schultz Memorial International Tournament on two occasions and was also awarded a silver medal with Team USA for their second place finish at the Uzbekistan Golden Grand Prix in 2006.

Tony Davis
Assistant coach at North Carolina State. Davis was a standout wrestler at the University of Northern Iowa, winning a national championship for the Wildcats in 2000 and finishing his memorable season with a 35-1 record. The previous year, Davis was a national runner-up and amassed a record of 19-4. Prior to his time with the Wildcats, Davis was a two-time junior college national champion while competing for Central Iowa Community College. The Chicago, Ill. native also finished third in the Olympic team trials in 200 and posted fifth and fourth place finishes at the US Open Tournament in 2003 and 2004 respectively.

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.

Sheridan Moran
Newberry College Wrestling assistant coach. Moran was a standout wrestler for Newberry from 2008-10. The Lafayette, La. native earned All-American honros in 2010 and competed in the national tournament finishing in fifth place that same season.

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, NJCAA All-American, two-time World Champion in No Gi Grappling, former Newberry wrestler and volunteer assistant wrestling coach at Newberry College.

Cy Wainwright
Undeafated 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 NCAA D-II 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 Bryant Blanton, 2010 national qualifiers Sean Byrnes, Curtis Chenoweth 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	Newberry Wrestling Camp
Head Coach Jason Valek	2100 College Street
	Newberry, S.C. 29108

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