

This year we will be offering seven unique camps:

- **Father-Son Education Camp**
Learn from our entertaining staff how to build a great bond through wrestling. Educational topics will be included in this camp to help support mental and physical growth with focus on fun and fundamentals.
- **Elementary Instruction**
Basic skills, agilitys and wrestling positions will be taught with the idea of getting your youngster excited about the sport.
- **Junior High Competition**
There will be a strong emphasis on technique development and skill instruction as well as a dual tournament throughout the camp.
- **Specialized Technique**

- Option 1- Top and Pinning
- Option 2- Takedowns and Chain Wrestling
- **High School Team Competition**
Every wrestler will have the opportunity to wrestle 12-15 matches while building team unity. Technique sessions will be held throughout the camp. Individuals are welcome and will be added to a team.
- **Seven-Day Intensive Training**

This camp will meet all your expectations and prepare you to beat the toughest competition. Circuit training, outdoor workouts, competition, specific technique sessions and more. If you want to experience what it takes to compete in college, this is the camp for you.

- **College Style Training Camp**
Are you looking to wrestle at the next level? Does your work ethic match your goals? Train with our team and staff in an environment geared for success.

Each of these camps offer world class instruction from past champions and by coaches who have developed champions.

Contact Coach Moore at 570-484-2805

To learn more about each camp visit:
www.LockHavenCamps.com

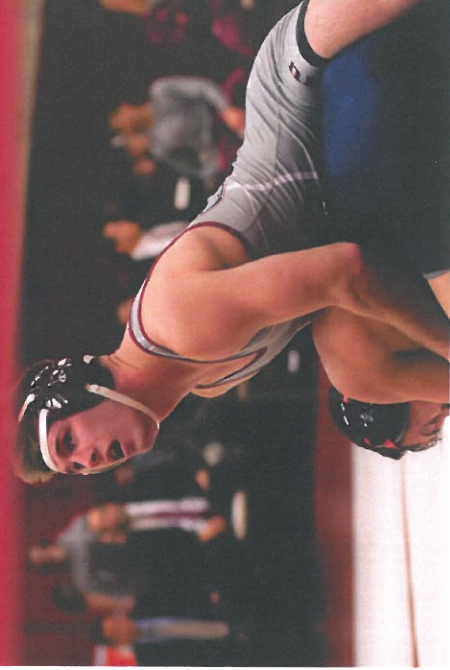
Lock Haven University is located along the scenic Susquehanna River. Lock Haven is less than an hour from State College and Williamsport and four hours from New York, Philadelphia, Washington D.C. and Pittsburgh.

Cost

- Father-Son Education Camp
\$175 (per family member)
- Elementary Instruction
\$150 (commuter only)
- Junior High Competition
\$305 (\$235 commuter)
- Specialized Technique
\$290 (\$235 commuter)
- High School Team Competition
\$325 (\$265 commuter)
- Seven-Day Intensive Training
\$575 (\$425 commuter)
- College Style Training Camp
\$225 (\$175 commuter)

Payment/Cancellations/Refunds

There is a \$100 non-refundable deposit. Cancellations must be received in writing no later than three weeks prior to the start of camp. Cancellations received after the three week cutoff will be honored only if the camper provides documented evidence of nonattendance due to a medical injury or illness. Fees for campers who leave camp due to injury or illness will be pro-rated after non-refundable expenses are paid.



LHU Wrestling Camp

Online Registration at:
www.LockHavenCamps.com

Application - Please print clearly in ink.

Name _____
Address _____
City/State/Zip _____

Home Phone _____
Emergency Phone _____
E-Mail _____

Grade Entering _____ Age _____ DOB ____/____/____
School/Team _____

Position _____ Coach _____

Coach Contact Info _____

Camp Name _____

Check One: _____ Overnight _____ Commuter

(Please check one)

Room with: _____

Every effort will be extended to grant roommate requests

Make checks payable to:

Lock Haven University

(Please include camp name in memo line)

Mail to:

Dawn Gill

10 Susquehanna Avenue

215 DACC, University Relations

Lock Haven, PA 17745

Additional Required Forms
Available Online:

www.LockHavenCamps.com

All forms must be completed and submitted prior to the start of camp.