

SUMMER TRAINING CAMP

- Apex Wrestling Club will be running a training camp.
- The Camp will include 2 hours of Clinician instruction each day and 2 hours of practice designed to expose wrestlers to different methods of training.
- The Camp is recommended to members of the APEX Teams entered in Duals, but not limited to them. **Slots will be made available to other athletes who would like to attend the camp.**
- The Cost of the Camp is \$120 which includes instruction, t-shirt.
- Clinicians may have shirts and posters for sale while at camp.
- All individuals must send in the registration form with a \$50 non-refundable deposit. Since there will be only a limited number of campers, your \$50 will be returned if you are not accepted. If you paid in full and for some unforeseen reason you cannot attend, please contact us no later than one week prior to the start of your camp and a refund minus the deposit will be returned.
- **Register through the mail or On Line at www.apexwrestling.net**
- **All Training Camp sessions will take place from 9am to 1pm in the Gym at Pittsford's Calkins Road Middle School, located at: 1899 Calkins Road, Pittsford NY 14534**

TRAINING CAMP TYPICAL DAY

Each day includes:

- 2 *Technique Sessions* (total: approximately 2 hours of instruction per session)
- 1 *Practice Session*

CAMP DIRECTOR:

Jason Bovenzi

- Head Wrestling Coach-Pittsford

CLINICIANS INCLUDE:

Damion Hahn:

Assistant Coach Cornell University

- Former University of Minnesota Wrestler
- 131-3 Record with 89 Falls at Lakewood HS, New Jersey
- Three Time New Jersey State Champion
- Four Time Division I All American
- 2 x Division 1 National Champion
- 3x Junior National Champion

Currently 2nd on Olympic Ladder and Training for the Beijing Olympics 2008

Travis Lee

Cornell University Assistant Coach

- Former Cornell University Wrestler
- Two Time NCAA Division I Champion
- 4 Time NCAA All American
- 3 Time HS State Champion St. Louis HS Hawaii
- Junior National Champion In Freestyle and Greco Roman

Tyler Baier

Cornell University Assistant Coach

- NCAA Division 1 All American
- 40-4 Record Senior Year
- Over 100 Collegiate Wins
- 1999 Wisconsin State Champion Durand HS

Tom Hall

- Former Ithaca College Wrestler
- Former Hornell HS Wrestler
- Section V Champion and NYS Place-winner
- Two Time Division III All American
- National Champion at 133 Lbs

Joel Ferrara

Varsity Wrestling Coach, Whitney Point HS
Former Cortland State Coach and Wrestler
2 time NCAA Qualifier
Section 4 Champion



Travis Lee

Cornell University

2 Time NCAA Division I National Champion



CAMP HELD THE WEEK LEADING UP TO THE THOUSAND ISLANDS DUALS

APEX WRESTLING CLUB
PRESENTS THE FIFTH ANNUAL
**APEX WRESTLING
COMMUTER CAMP**



**Apex Wrestling Summer
Training Camp**

Deadline for registration is July 18th

***To Register On-Line
Visit:***

www.apexwrestling.net

Upon receiving your deposit and registration, you will receive a packet containing directions, insurance information, waivers and other pertinent information.

For more information, please call Jason Bovenzi at 585-267-3816 or 585-319-6227, or send email to:
jason_bovenzi@pittsford.monroe.edu.

Send Check or Money order to:

Apex Wrestling Club
20 Hopper Hills Way
Mendon, NY 14506

Please make checks out to:

Apex Wrestling Club

**July 28-August 1
2008
Go to:**

Summer Training Camp
www.apexwrestling.net

**Calkins Road Middle School
1899 Calkins Road
Pittsford NY 14534**

NAME:		ADDRESS:		CITY:	STATE:	ZIP:	HOME PHONE:	EMAIL:	SCHOOL:	GRADE:	T-SHIRT SIZE: Youth-S-M-L Adult: S-M-L-XL-2XL	WEIGHT:	PARENT/GUARDIAN SIGNATURE:
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