

APEX SUMMER TRAINING CAMP

- Apex Wrestling Club will be running a training camp for local wrestlers as well as athletes competing in the 1000 Islands Duals.
- The Camp will include 4 hours of Clinician instruction each day and 1.5 hours of practice designed to provide high level of instruction, drill, and competitive live wrestling situations.
- 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, and a water bottle. 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.
- If you would like to attend both weeks, the cost is \$220. Family discounts are available for those registering more than 2 wrestlers. Family discounts also apply to the Youth Camp as well.
- Week 1 camp will take place in the Gym at Northstar Christian Academy located at 332 Spencerport Road.
- Week 2 will take place in the Gym at Calkins Road Middle School, located at: 1899 Calkins Road, Pittsford NY 14534
- Training Camp sessions will take place from 8:30am to 2:30pm

TRAINING CAMP TYPICAL DAY

Each day includes:

- 2 Technique Sessions (total: approximately 4 hours of instruction)
- 1 Practice Session.

2009 APEX WRESTLING CAMP

FEATURED CLINICIANS:



Jordan Leen, Cornell University

2008 Division 1 National Champion, EIWA Champion, 2X All American, 4X State Tennessee Champion



Mitch Clark, Ohio State University

National Champion, Midlands Champion, 2X All American, 2X Big Ten Champion



Corey Cooperman, Lehigh University

3X All American, 181-13 record at Blair Academy, 4X Prep-National Champion, 2nd and 3rd place finishes in the Junior Nationals.

Clinicians Continued...

Brad Bruhn, Coach, SUNY Cortland

3X Academic All American, All American at Wisconsin LaCrosse

Bill Jacoutot, Spencerport HS Coach

2008 National Coach of the Year, 7X State Championship Coach, NJCAA All American

Ron Gross, Wayne Central HS Coach

2X All American @ Ithaca College
Section 5 Champion, NYS Runner-up

Bill Jacoutot Jr., University at Buffalo

Two-Time Mid-American Conference Runner-Up, New York State Intercollegiate Finalist

Tony D'Ambra, Spencerport Varsity Assistant Coach

NCAA Runner up, All American, Sectional Champion, Caledonia Mumford

Additional Clinicians will be added.



Personal Training Expert Dan Fichter will be bringing in his staff from his wanna get fast Personal training company to provide the athletes with some of the latest, cutting edge training techniques available. Dan and his company not only service local athletes, but professional and Olympic athletes as well. For more information go to www.wannagetfast.com

NAME:	Camp 1		Camp 2
	Camp (Circle One)		
ADDRESS:			
CITY:	STATE:	ZIP:	
HOME PHONE:	EMAIL:		
GRADE:	SCHOOL:		
T-SHIRT SIZE: Youth-S-M-L Adult: S-M-L-XL-2XL	WEIGHT:		
PARENT/GUARDIAN SIGNATURE:			



Summer Training Camps

Deadline for Camp 1 is July 13th
 Deadline for Camp 2 is July 20st

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 585-802-5799, 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

www.apexwrestling.net

**APEX WRESTLING CLUB
 PRESENTS
 THE SIXTH ANNUAL**

APEX WRESTLING COMMUTER CAMPS

www.apexwrestling.net



**Week 1
July 20-July 24
 At Northstar Christian Academy,
 Spencerport**

**Week 2
July 27-July 31
 At Calkins Road Middle School,
 Pittsford**