

Camp Staff



John Stutzman
Head Wrestling Coach
Camp Director



Carl Fronhofer
Co-Camp Director
4X NCAA Qualifier
EWL Champion
NCAA All American



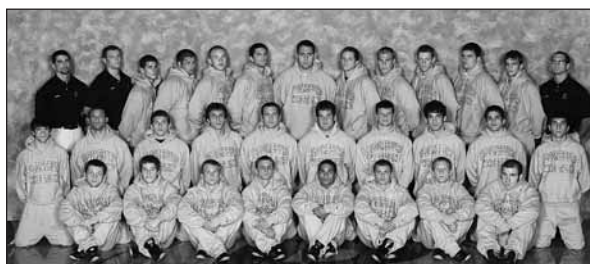
Frank Beasley
Co-Camp Director
Assistant Wrestling Coach
NJ CAA All-American
Academic All-American



Bryce Hasseman
Assistant Wrestling Coach
NCAA Qualifier, EWL Champion
Olympic Trial Freestyle Participant
4X USA FS All-American
2X World Team Trial Participant



Tom Martucci
Volunteer Assistant Coach
NCAA National Champion



Bloomsburg University Wrestling Team Photo. All BU wrestlers will serve as camp counselors.

Information



The University

Bloomsburg University is one of 14 universities in the State System of Higher Education. The University currently serves the educational needs of 7,200 undergraduate and graduate students in 100 programs of study. Bloomsburg is served by the Greyhound and Susquehanna Trailways bus lines.

Medical Care & Insurance

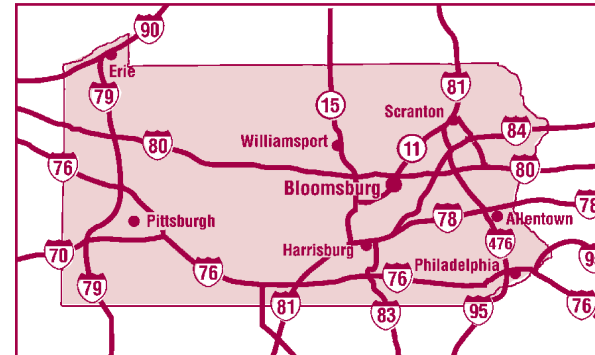
Although Bloomsburg University maintains a complete athletic training room for the treatment of minor injuries, illness or injury requiring medical treatment, hospitalization and/or surgery will be referred to The Bloomsburg Hospital. For this reason, *the parent or guardian of each camper must sign the camp registration form, granting permission to administer appropriate medical attention if necessary. Bloomsburg University does not provide medical insurance for young people attending its summer camps.* Should hospitalization and/or the care of a physician be needed, the camper must use his or her medical insurance plan for payment of medical services. All campers must have insurance to attend camp.

Camp Rules

Campers are expected to attend all scheduled sessions and to abide by all University rules and regulations on and off campus. Specifically, smoking tobacco, possession or consumption of illegal drugs and the use of alcoholic beverages are strictly forbidden. Flagrant misconduct will subject the camper to immediate dismissal without refund of camp fees. Resident campers are also not permitted to drive their personal vehicles while enrolled in camp. Keys to private vehicles must remain in the custody of the director for the duration of camp.

Hazings and initiations will not be tolerated in camp.

Location / Registration



Location

Bloomsburg is located 75 miles from the PA/NJ border on Rt 80. From Rt 80 take exit 236 - merge onto Rt 487 south. Go to the second traffic light (Country Club Drive) - turn right to the athletic fields, turn left for the dormitories. From south - PA turnpike north to Rt. 80 west - then follow above directions.

From south and west via Rt. 11 - Rt. 11 north to Bloomsburg proceed up the Main Street of town - turn left onto Rt. 487 North to traffic light (Country Club Drive) - turn right for dormitories, left for fields.

Registration

Registration and check-in will be held on Friday, June 20 & 27 from 3:30pm-5:30pm for all parent and child camps, and Sunday, July 6 & 13 from 10am-12noon for the Senior High & Junior High team camp as well as our 3rd annual High Intensive Training camps.

Deposits

Make checks payable to Bloomsburg University.

A non-refundable deposit of \$75 or full payment should be mailed to: *The Director of Summer Camps*, Nelson Field House, Bloomsburg University, Bloomsburg, PA 17815. In order to make registration easier, the remaining balance of \$250 for boarders and \$175 for commuters must be mailed by June 1, 2008. Proceeds benefit Bloomsburg University Athletics.

For Further Information:

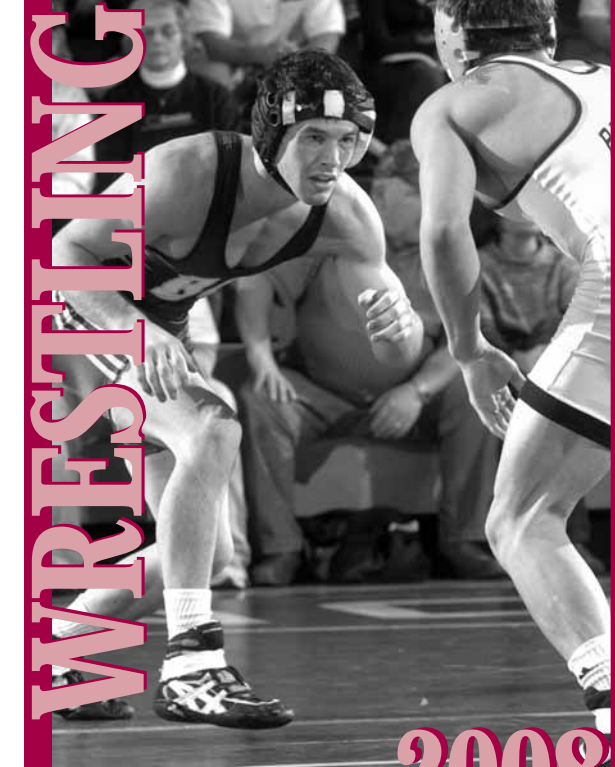
John Stutzman office 570.389.4282 or jstutzma@bloomu.edu
www.bloomu.edu/athletics/com • www.buhuskies.com

Bloomsburg University is committed to Affirmative Action and Equal Opportunity. Minorities, women and other protected class members are urged to pursue educational and employment opportunities at Bloomsburg University.



Bloomsburg UNIVERSITY

CAMPS



WRESTLING

2008

Parent & Child
Weekends
June 20 - 22
June 27 - 29

Sr. & Jr. High
Technique Camp
July 13 - 17

Big Brother Camp
June 27 - 29

Intensive Training Camp
July 6 - 12

Sr. High Team Camp
July 6 - 10
July 13 - 17

Husky Training Camp
Special
July 6 - 17

BLOOMSBURG UNIVERSITY WRESTLING CAMPS 2008

Parent & Child Weekends

Cost: Parent - \$160 • Each Child - \$150

June 20 - 22
June 27 - 29

**Come Train
With The Best!**

**Randy
Watts
NCAA
Champ**

**Roger
Sanders
Former
BU Head
Wrestling
Coach**

**Don't miss out!!
COME - TRAIN - WIN!!
It's that simple. Check it out.**

How can you be "Parent of the Year"? Be a parent who learns to teach his son/daughter wrestling technique, drills & motivation in a fun and enthusiastic atmosphere. By coming to Bloomsburg University's Parent & Child Wrestling Camp you learn to love the sport of wrestling through spending quality time with your son/daughter and make some new friends, too. This camp provides true partnership in wrestling. Created to learn fundamental takedowns, defense, escapes, reversals and pinning. Also implemented will be skills in tumbling, balance and drilling with kids of similar age and weight.

Included: A free t-shirt and a trip to Knoebels Amusement Park with free rides for parent and child.

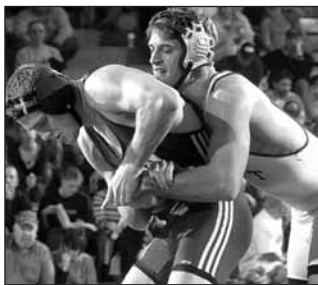


Big Brother Camp

Cost: \$225

June 27 - 29

The "Big Brother" camp concept is based on individual attention and leading by example. Each of our campers will be paired with one of our Bloomsburg University team members for the entire camp. Our team members will workout, teach, eat with and mentor their camper each day of camp. Campers will be encouraged to ask their "Big Brother" questions about wrestling, training, cutting weight, college life, and anything else they can think of.



Sr. High Team Camps

Cost: \$325

July 6 - 10
July 13 - 17

Bloomsburg University Wrestling's intensive team camp is one of the innovators of the team training philosophy. These weeks provide an awesome challenge both mentally and physically to wrestlers and coaches who are looking to gain the competitive edge. Imagine wrestling 20 matches in one week's time! Teams compete in both dual matches and a scholastic-style, double elimination tournament. Maximize your TEAM potential through competition style training! Mat strategy, drills and technique will be covered daily. Teams have come from states such as New Jersey, Pennsylvania, New York, Virginia, Florida, Maryland, Connecticut, South Carolina, North Carolina, New Hampshire, Indiana, Delaware and Michigan to take advantage of this incredible team training opportunity. Hurry!

Individuals are welcome and encouraged to attend!

TYPICAL DAY

6:30 am Wake-Up
7:00 am - 8:00 am Breakfast
8:30 am - 9:00 am Hard Drilling with Team/Team Leaders
9:00 am - 11:00 am Team Competition — 2 Dual Meets
11:30 am - 1:30 pm Lunch
2:00 pm - 3:30 pm Instructional Session
4:00 pm - 6:00 pm Dinner
6:30 pm - 7:00 pm Hard Drilling with Team/Team Leaders
7:00 pm - 9:00 pm Team Competition — 3 Dual Meets
9:00 pm - 9:30 pm Team Game
9:30 pm - 10:30 pm Camp Store
10:45 pm In YOUR Assigned Room
11:00 pm Lights-Out (bed checks with camp counselor)

Sr. High & Jr. High Technique Camp

Cost: \$325

July 13 - 17

The Technique Camp will concentrate on instructions and drilling for beginning to advance wrestlers in grades 6-12. It will cover techniques and drills from the feet, top and bottom positions. Wrestlers will also receive information on conditioning, weight lifting, nutrition and goal setting.

Intensive Training Camp

Cost: \$495

**3rd
Annual**

July 6 - 12

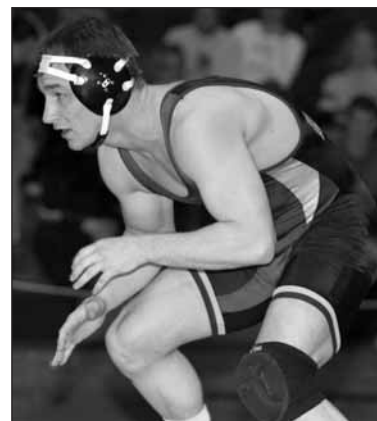
At this camp you will learn everything it takes to be a dominant wrestler. You will learn how to master techniques through competitive drilling. You will learn pre- and post-season lifting programs. You will be taught how to mentally prepare yourself for matches. Lectures will be given on how to peak properly for end-of-season competitions. By coming to this camp we know your goal is to be a state champion. The Bloomsburg camp staff will teach you how to get there. **Train hard. Win easy!**

The Husky Training Camp Special

SPECIAL Cost: \$700

July 6 - 17

As part of the Intensive Training camp you have the option for an additional \$205.00 to train another week at the Sr. High Team camp, July 13th-17th. For only \$700.00 you will train for 12-days and truly put yourself to the test. **Are you ready?**



TYPICAL DAY

6:30 am Wake-Up
6:45 am - 7:15 am Hard Running/Weight Training
7:15 am - 8:00 am Breakfast
8:30 am - 9:00 am Hard Drilling
9:00 am - 11:00 am Training Session
11:30 am - 1:30 pm Lunch
2:00 pm - 3:30 pm Training Session (Technique)
4:00 pm - 6:00 pm Dinner
6:30 pm - 7:00 pm Hard Drilling
7:00 pm - 9:30 pm Training Session
9:30 pm - 10:30 pm Motivation
10:30 pm In YOUR Assigned Room
11:00 pm Lights-Out (bed checks with camp counselor)

Registration

Wrestling 2008

Please Print Clearly

Name _____

Street Address _____

City/State/Zip _____

Home Phone (_____) _____ Birthdate _____

Weight Class _____

High School _____

Coaches Name _____ Phone _____

Grade you will enter next fall _____

Roommate preference (double rooms) _____

T-shirt (circle one) Adult S M L XL

CAMP DATES:

Parent/Child June 20-22 June 27-29
 Parent \$160 Child \$150

Big Brother Camp June 27-29 \$225

Sr. High Camp July 6-10 July 13-17
 \$325 Border \$250 Commuter

Sr. & Jr. High July 13-17

Technique Camp \$325 Border \$250 Commuter

Intensive Training Camp July 6-12 \$495

Husky Training Camp Special July 6-17 \$700

MUST BE COMPLETED BY PARENT/GUARDIAN

Medical Insurance Information

Company Name _____

Policy No. _____

I approve my child's attendance at the BU Wrestling Camp and certify that he is in good health. If medical attention is required for illness or injury during camp, I grant my permission for such care to be rendered. I hereby recognize and understand that the University, the camp director and/or coaching staff are not responsible for any injury of any kind that may occur on the way to, during or on the way home from any camp session sponsored by the Bloomsburg University of Pennsylvania.

AUTHORIZATION FOR EMERGENCY SERVICE

A.) I do hereby voluntarily consent to examination and emergency service treatment including the administration of such drugs, infusion and transfusion of blood or blood components deemed necessary in the judgement of the physician(s) (and whomever may be delegated as assistants) of the medical staff of The Bloomsburg Hospital. B.) I certify that I have read and fully understand the consent given herein. I also certify that no guarantee or assurance has been made as to the results that may be obtained. The undersigned intends to be legally bound hereby.

Note any limitation on the foregoing _____

_____ or if none, so indicate _____

Date _____ Authorized Signature _____ Relationship _____