ROGER W. CREBS

WARRIOR

WRESTLING

SUMMER

CAMPS 2020

2 CAMP SESSIONS TO CHOOSE FROM

TEAM CAMP
JUNE 24-28, 2020

TECHNIQUE CAMP
JUNE 24-28, 2020

TEAMLYCO.COM

THE BEST COACHING ANYWHERE!!!

PERSONAL ATTENTION FROM OUR AWARD WINNING STAFF

THE BEST VALUE AT THE BEST PRICES IN THE AREA

FABULOUS FOOD - ALL YOU CAN EAT!

TEAM AND TOURNAMENT COMPETITION

COACHES JOIN STAFF AND ATTEND FREE CONDITIONING AND NUTRITIONAL INSTRUCTION

SUPERVISED SWIMMING AND RESIDENCE HALLS

CERTIFIED ATHLETIC TRAINERS AT ALL SESSIONS

FREE CAMP T-SHIRT

CAMP STORE

20 FULL-SIZE WRESTLING MATS

Our goal is to provide you with an outstanding week of camp. The staff have been chosen for their knowledge of the sport, their helpfulness, and their courteous attitudes. The Roger W. Crebs Warrior Wrestling Camps are designed to combine fun and fundamentals. We try to finish each day by 9:30 p.m. and have open swimming from 9:00 p.m. to 10:00 p.m. daily. Warrior Wrestling Camps teach effective wrestling techniques and tools you will need to reach your goals.

Supported By:

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WHY ATTEND?

ROGER W. CREBS

Lycoming College Head Wrestling Coach

Three-time Middle Atlantic Conference Coach of the Year... Two-Time NCAA Div. III Coach of the Year... Led Lycoming to Five MAC Conference Championships... Won 2010-11, 2014-15 & 2018-19 Robb Curry, Jr. Coach of the Year Award... 2011 District 4 Wrestling Hall of Fame inductee... 2012 NWCA Division III Hall of Fame Inductee... 2020 National Wrestling Hall of Fame Inductee... Over 27 straight winning seasons under his tutelage... 407 dual meet wins, coached 46 conference champions, 25 All-Americans, and 5 National Champions. As well as coached all 8 of the school’s 100-match winners... Crebs graduated from Lycoming College in 1987 and was a three-time MAC champion from 1984-86.

Our goal is to provide you with an outstanding week of camp. We will offer outstanding coaching, top programs and on your feet encouragement. The best way to improve your game. We will offer on-campus option to those who wish to choose our program. To sign up, you must receive your own swimming session. The staff is knowledgeable of the sport, helpful and courteous. We try to finish each day by 9:30 p.m. and have open swimming from 9:00 p.m. to 10:00 p.m. daily. Warrior Wrestling Camps teach effective wrestling techniques and tools you will need to reach your goals.
Approximate Driving Time From Selected Areas (in hours)

- Allentown: 2.5 hours
- Lancaster: 2.5 hours
- Altoona: 2.0 hours
- Philadelphia: 3.5 hours
- Baltimore, MD: 3.5 hours
- Pittsburgh: 4.0 hours
- Elmira, NY: 1.5 hours
- Reading: 2.5 hours
- Rochester, NY: 3.0 hours
- Erie: 5.0 hours
- Harrisburg: 2.0 hours
- Washington, DC: 4.0 hours

EASY TO REACH LOCATION IN NORTH CENTRAL, PENNSYLVANIA

Lycoming College, 700 College Place, Williamsport, PA 17701

TWO SESSIONS TO CHOOSE FROM

TEAM CAMP: GRADES 7TH - 12TH (June 24-28)

The team concept is a philosophy that produces winners. The goal of these sessions is to provide an opportunity for high school and junior high school teams to work against outside competition during the summer and at the same time develop team unity. The system used at the Warrior Team Camp gives each team the opportunity to wrestle almost an entire season of matches during the week of camp. The instructional sessions will cover takedowns, pinning, escapes, reversals, mental attitude, strength development, nutrition and weight loss. INDIVIDUALS ARE ALSO WELCOME!!!

TECHNIQUE CAMP: AGES 8-13 Years (June 24-28)

Our technique camp has been designed to provide the junior high and senior high wrestlers with the much needed know-how for becoming a champion. It embodies a curriculum of concentrated teaching, drilling and practical application of the basic skills of wrestling. Every facet of the sport is covered by our expert clinicians including: takedowns, pinning, escapes, reversals, mental attitude, strength development, nutrition and weight loss. In addition to instruction and lectures, this camp offers a great deal of drilling and live wrestling.

Special Rates will apply to the following:
1. Two or more applicants from the same family.
2. Groups of thirteen or more (in order to receive group discount, groups must send in applications together in one envelope; those applications received individually will not be given the special discount)

TEAM CAMP: JUNE 24-28

- Residential / Commuter: $320 / $245

TECHNIQUE CAMP: JUNE 24-28

- Residential / Commuter: $295 / $230

REGISTRATION

Name _____________________________________
Address ___________________________________
City _______________________________________
State____________             Zip ________________
Home Phone ________________________________
Parent's Phone_______________________________
Age_____          Grade in Sept. 2020_____________
Weight______ School _________________________
Coach______________________________________
Roomate ___________________________________

Special Rates will apply to the following:
1. Two or more applicants from the same family.
2. Groups of thirteen or more (in order to receive group discount, groups must send in applications together in one envelope; those applications received individually will not be given the special discount)