

WE ARE EXCITED TO BE BACK WRESTLING.  
WELCOME BACK TO CAMP!

TECHNIQUE MATS AND CHALLENGE MATS - During each dual competition session there will be mats available for your wrestlers to get additional matches or seek advice on a technical area where they feel they need to improve. Our Lycoming College wrestlers will be available after every session for wrestlers who want to do more to be successful. In addition, we will set up optional technique areas for wrestlers to choose the areas of technique that they would like to improve upon. We will offer technique for top, bottom and on your feet.

MEDICAL HISTORY FORMS: A medical history form will be sent upon receipt of your application and the \$100 NON-REFUNDABLE deposit. There are no refunds. You will not be allowed to wrestle if you come to camp with a skin infection. It is not required that campers be seen by a medical doctor to fill out this form. EVERYONE WHO ATTENDS THE CAMPS MUST HAVE THEIR OWN HEALTH INSURANCE.

HOUSING: Campers are housed in the Lycoming College residence halls with counselors and staff members assigned to each floor to provide supervision. Campers are responsible for bringing their own bedding, towels and pillows. All meals are served by the College's dining service, Parkhurst.

PAYMENT: A \$100 NON-REFUNDABLE deposit must accompany your application (No Refunds). The balance is due in our office at least two weeks prior to the beginning of your week of camp. Any balance that is still due on the day of registration will incur a late fee of \$20. Returned check fee: \$45. All credit card payments must be made in full and are only accepted online. +\$10 Banking Fee on all Credit Card Payments via PayPal. Checks payable to: Roger W. Crebs.

DAILY SCHEDULE:

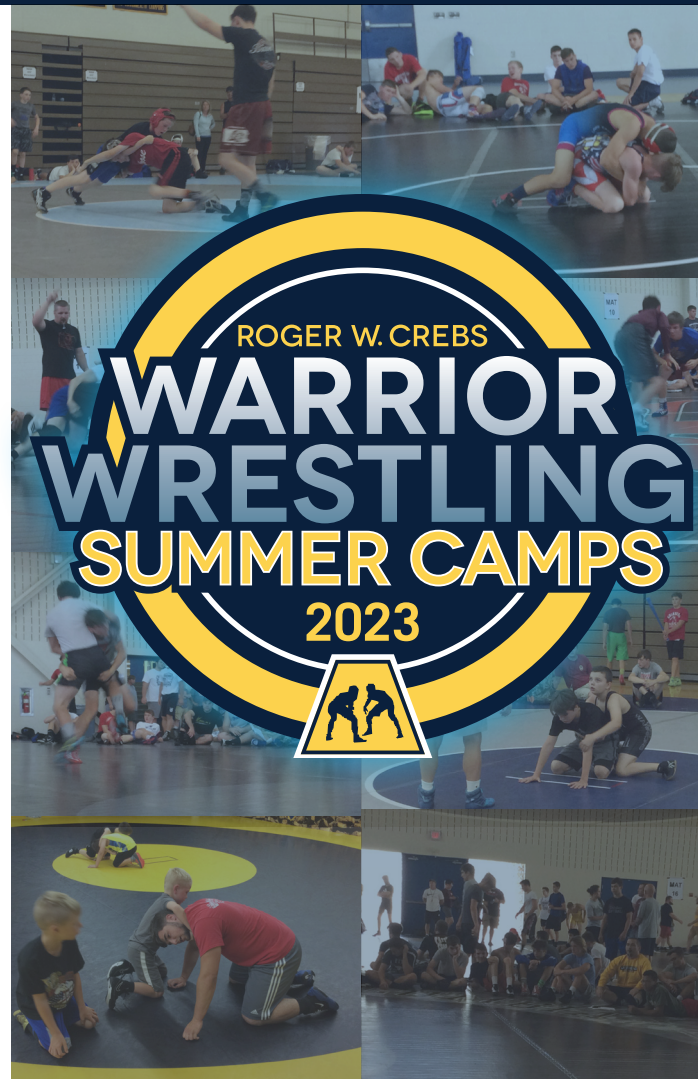
7:00 am - 8:00 am	Breakfast
9:00 am - 11:30 am	Wrestling Session
12:00 pm - 1:00 pm	Lunch
2:00 pm - 4:30 pm	Wrestling Session
5:00 pm - 6:00 pm	Dinner
7:00 pm - 9:30 pm	Wrestling Session
9:30 pm - 10:00 pm	Swimming & Recreation
10:30 pm - 11:00 pm	Room Check & Lights Out

\$350/\$300  
Resident/Commuter

REGISTER ONLINE AT  
TEAMLYCO.COM



CAMP INFO



SUMMER CAMP AT LYCOMING COLLEGE

TEAM CAMP  
JUNE 24-28, 2023



WWW.TEAMLYCO.COM

Roger W. Crebs  
Warrior Wrestling Camps  
One College Place  
Campus Box 143  
Williamsport, PA 17701



CONTACT INFORMATION:

Roger W. Crebs  
570.321.4264 or  
crebs@lycoming.edu

CHECK US OUT ON THE WEB AT:  
WWW.TEAMLYCO.COM

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.



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 Robb Curry, Jr. Coach of the Year Award... 2011 District 4 Wrestling Hall of Fame Inductee... 2012 NWCA Division III Hall of Fame Inductee... Over 26 straight winning seasons under his tutelage... 433 dual meet wins, coached 46 conference champions, 29 All-Americans, and five National Champions. As well as coached all eight of the schools 100-match winners... Crebs graduated from Lycoming College in 1987 and was a three-time MAC champion from 1984-86.



Roger W. Crebs  
Lycoming College Head Wrestling Coach

CAMP DIRECTOR

WHY ATTEND?

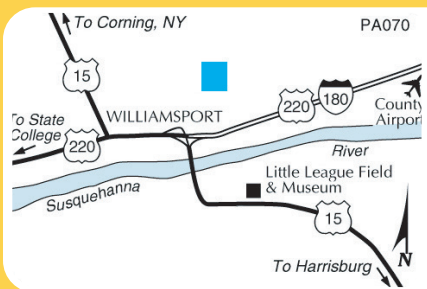
- The Best Coaching Anywhere!!!
- Personal attention from our award winning staff
- The Best Value at the Best Prices in the area
- Fabulous food - ALL YOU CAN EAT!
- Team and tournament competition
- Conditioning and Nutritional Instruction
- Supervised swimming and residence halls
- Certified Athletic Trainers at ALL Sessions
- FREE Camp T-shirt
- Camp Store
- 20 full-size wrestling mats

Supported By:



ROGER W. CREBS  
**WARRIOR WRESTLING SUMMER CAMPS**  
 2023

**FEATURING TEAM CAMP  
 SPECIAL GUESTS**



Held on the campus of  
**Lycoming College**  
 Williamsport, PA

**EASY TO REACH LOCATION IN NORTH CENTRAL, PENNSYLVANIA**  
 Lycoming College, One College Place, Williamsport, PA 17701

Approximate Driving Time From Selected Areas (in hours)

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

**ATTEND TEAM CAMP AT LYCOMING COLLEGE**

JR HIGH & SENIOR HIGH  
**TEAM CAMP**

**\$350/\$300**

Resident/Commuter

**TEAM CAMP: GRADES 5TH - 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!!!**

**RESIDENT CAMPERS: \$350.00 COMMUTER CAMPERS: \$300.00**

**Coaches Information and fee:**

- Coaches fee is \$100 for less than 12 campers
- 12-17 paid campers entitles 2 free coaches at camp.
- 18-23 paid campers entitles 3 free coaches at camp
- 24 or more paid campers entitles 4 free coaches at camp

**Special Rates will apply to the following:**

- Two or more applicants from the same family.
- 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)

**REGISTRATION**



Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Parent's Cell \_\_\_\_\_  
 Age \_\_\_\_\_ Grade in Sept. 2023 \_\_\_\_\_  
 Male  Female  
 Weight \_\_\_\_\_ School \_\_\_\_\_  
 Junior High  Senior High  
 Coach \_\_\_\_\_ Roomate \_\_\_\_\_

**Warrior Wrestling Summer Camps 2023  
 June 24th - 28th**

Cost:  \$350 Resident,  \$300 Commuter

I, the undersigned, individually and as a parent/guardian of \_\_\_\_\_ (camper) a minor, request that he/she be admitted to participate in the Warrior Wrestling Camps. I do hereby agree to release, discharge, and hold harmless Lycoming College, the Warrior Wrestling Camps, their owners, agents, and employees from all causes, liabilities, damages, or claims in the course of competition and/or activities held in connection with the sports camp.

I understand that a camper who does not abide by the rules and regulations promulgated by the camp or college is subject to discharge without reimbursement or recourse.

**All postal registrations must include a non-refundable cash or check deposit of \$100. Checks payable to: Roger W Crebs. Return check fee is \$45. NO REFUNDS. Online registration available at [www.teamlyco.com](http://www.teamlyco.com). Credit car payment accepted for online registrations only. Payments must be in full and incur a +\$10 processing fee.**

Parent/Guardian Signature Required:

X \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: ROGER W. CREBS**

Mail application with payment to:  
 Roger W. Crebs Warrior Wrestling Camp  
 Lycoming College  
 One College Place • Campus Box 143  
 Williamsport, PA 17701

**WWW.TEAMLYCO.COM**