

"The Lycoming Wrestling Team Camp has served as a perfect place to bring our kids for the past 6 summers. The combination of first class facilities, top notch competition, unbeatable cost, and unparalleled organization have served to be an integral building block for our program's success each season. Over the past 6 years, we have won 3 NJ Group State Championships and all of them have begun at the Roger Crebs Wrestling Camps!" - Dave Post, Head Wrestling Coach, Phillipsburg, New Jersey

TECHNIQUE MATS AND CHALLENGE MATS - During each dual competition session there will be mats available for Lycoming College 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 \$75 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 \$75 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.

DAILY SCHEDULE:
Technique Camps

7:00 am - 8:00 am	Breakfast
9:00 am - 11:00 am	Technique
11:00 am - 11:45 am	Free Time
12:00 pm - 1:00 pm	Lunch
1:00 pm - 2:00 pm	Free Time
2:30 pm - 4:00 pm	Technique & Live Wrestling
4:30 pm - 5:30 pm	Dinner
5:30 pm - 6:45 pm	Free Time
7:00 pm - 8:30 pm	Technique & Drilling
8:45 pm - 9:30 pm	Recreation Time & Swimming
10:30 pm - 11:00 pm	Room Check & Lights Out

Team Camps

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

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 Championships... 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 25 straight winning seasons under his tutelage... 355 dual meet wins, coached 44 conference champions, 20 All-Americans, and four national Champions. As well as coached all five 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



CAMP INFO

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
- 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

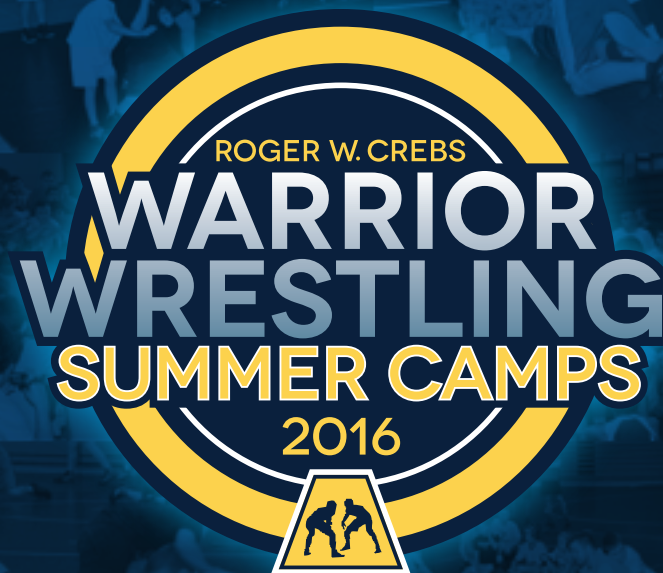
Supported By:



Roger W. Crebs
Warrior Wrestling Camps
700 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

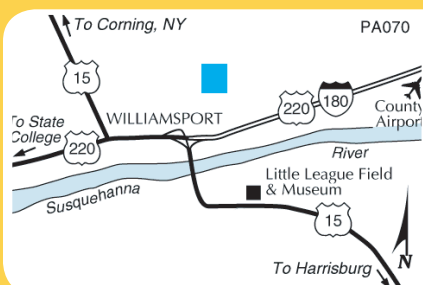


3 CAMP SESSIONS TO CHOOSE FROM

- PARENT/CHILD CAMP**
JUNE 17-19, 2016
- TEAM CAMP**
JUNE 25-29, 2016
- TECHNIQUE CAMP**
JUNE 25-29, 2016

ROGER W. CREBS WARRIOR WRESTLING SUMMER CAMPS 2016

**FEATURING TEAM & TECHNIQUE
CAMP SPECIAL GUESTS**



Held on the campus of
Lycoming College
Williamsport, PA

EASY TO REACH LOCATION IN NORTH CENTRAL, PENNSYLVANIA
Lycoming College, 700 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

3 CAMP SESSIONS TO CHOOSE FROM

PARENT/CHILD
JUNE 17-19TH

\$280

For both. \$80 per extra child

TEAM
JUNE 25-29TH

\$310/\$230

Resident/Commuter

TECHNIQUE
JUNE 25-29TH

\$285/\$220

Resident/Commuter

PARENT AND CHILD WEEKEND (June 17-19)

How can you be "Parent-of-the-Year"? Be a parent who learns to teach his or her child wrestling techniques: takedowns, pins, escapes, defense and motivation in a fun and enthusiastic environment. This camp teaches drills in balance, tumbling and wrestling. Our Parent & Child Weekend will provide the shared experience of wrestling, quality time with your child and a chance to make new friends. This includes camp for both parent and child, meals, housing, FREE T-shirt and a trip to Knoebels Amusement Resort with FREE ride tickets.

Only \$80 for an additional child.

TEAM CAMP: GRADES 7TH - 12TH (June 25-29)

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!!!

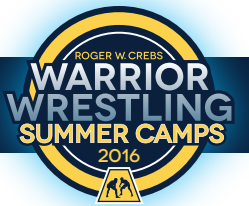
TECHNIQUE CAMP: AGES 8-13 Years (June 25-29)

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:

- 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 Work or Cell _____
Age _____ Grade in Sept. 2016 _____
Weight _____ School _____
Coach _____ Roomate _____

Resident Camper Commuter Camper

CAMP DATES - Warrior Wrestling Summer Camps 2016

Parent/Child Camp (June 17-19)

Cost: \$280 for both, \$80 per additional child

Team Camp (June 25-29)

Cost: \$310 Resident, \$230 Commuter

Junior High Senior High

Technique Camp (June 25-29)

Cost: \$285 Resident, \$220 Commuter

Please include a non-refundable deposit of \$75.

Checks payable to: Roger W Crebs Warrior Wrestling Camp. Return check fee is \$45.

Credit card payment accepted for online registration only. Payment must be in full.

Check or Cash Payment accepted with the attached registration only. All postal registrations must include \$75 non-refundable deposit. NO REFUNDS

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.

Parent/Guardian Signature Required: X _____

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

Office Use Only
Received _____
Check No. _____
Amount _____
Discount _____
Balance _____

WWW.TEAMLYCO.COM