

"The Locoming 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 8 years, we have won 3 NJ Group State Championships and all of them have begun at the Roger Crebs Warrior 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 your wrestlers to get additional matches or seek advice on a technical area where they feel they need to improve. Our Locoming 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 Locoming 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:

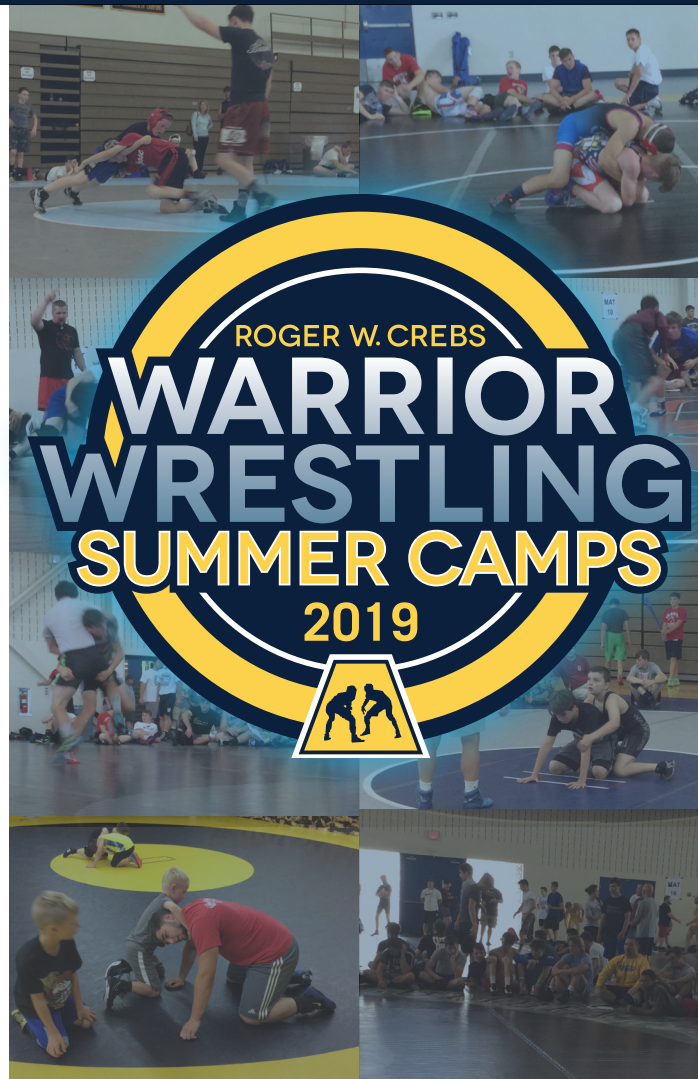
7:00 am - 8:00 am	Breakfast
9:00 am - 11:00 am	Technique
11:00 am - 11:45 am	Free Time
12:00 pm - 1:00 pm	Lunch
1:00 pm - 2:00 pm	Free Time
2:30 pm - 4:00 pm	Technique & Live Wrestling
4:30 pm - 5:30 pm	Dinner
5:30 pm - 6:45 pm	Free Time
7:00 pm - 8:30 pm	Technique & Drilling
8:45 pm - 9:30 pm	Recreation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



CAMP INFO



2 CAMP SESSIONS TO CHOOSE FROM

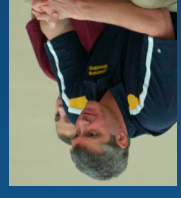
TEAM CAMP
JUNE 22-26, 2019
TECHNIQUE CAMP
JUNE 22-26, 2019



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 Locoming 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... 404 dual meet wins, coached 46 conference champions, 25 All-Americans, and four national Champions. As well as coached all eight of the schools 100-match winners... Crebs graduated from Locoming College in 1987 and was a three-time MAC champion from 1984-86.



Roger W. Crebs
Locoming 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
- 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:



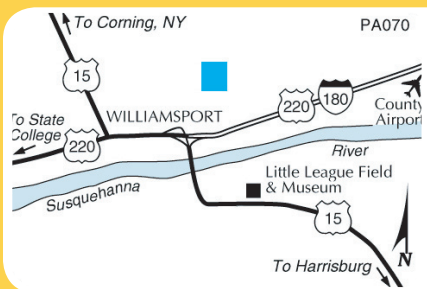
Roger W. Crebs
Warrior Wrestling Camps
700 College Place
Campus Box 143
Williamsport, PA 17701



CONTACT INFORMATION:
Roger W. Crebs
570.321.4264 or
crebs@lycoming.edu
CHECK US OUT ON THE WEB AT:
WWW.TEAMLYCO.COM

ROGER W. CREBS
WARRIOR WRESTLING
SUMMER CAMPS
 2019

**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

TEAM
 JUNE 22-26

\$315/\$235

Resident/Commuter

TECHNIQUE
 JUNE 22-26

\$290/\$225

Resident/Commuter

TEAM CAMP: GRADES 7TH - 12TH (June 22-26)

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 22-26)

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 Cell _____
 Age _____ Grade in Sept. 2019 _____
 Weight _____ School _____
 Coach _____ Roomate _____

Resident Camper Commuter Camper

CAMP DATES - Warrior Wrestling Summer Camps 2019

Team Camp (June 22-26)
 Cost: \$315 Resident, \$235 Commuter
 Junior High Senior High

Technique Camp (June 22-26)
 Cost: \$290 Resident, \$225 Commuter

Please include a non-refundable deposit of \$100. Checks payable to: Roger W Crebs. 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 \$100 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 _____

MAKE CHECKS PAYABLE TO: ROGER W. CREBS

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