

# 2ND ANNUAL NEW YORK STATE CHAMP CAMP

ONE OUTSTANDING WEEK OF WRESTLING

**JULY 24-27, 2023**

## JOHN MEYERS

-Head Coach Poway HS  
-2022 CA Coach of the Year  
-2022 Rokfin National Coach of the Year



## REECE HUMPHREY

-Head Coach NJRTC  
-2011 USA World Team Trials Champion  
-3X World Team Member



## MINDSET MIKE MOOR

-Director at Winning Mindset  
-Former FBI Investigator  
-Former D1 Athlete  
-Elite Club Coach  
-Mindset Coach to UFC Champions, top ranked Wrestlers



## SETH REHN

-2X NCAA All American  
-Poway RTC Strength and Conditioning Coach  
-Poway HS Assistant Coach



## KEVIN JACKSON

-Olympic Gold Medalist  
-2X World Champion  
-4X NCAA All American  
-Asst Coach U of Michigan



## CHANCE MARSTELLER

-2X NCAA All American  
-4X PA State Champion  
-Final X Runner Up



## Mike Malinconico

-Flo Wrestling's Behind the Dirt  
-Poway Elite Head Coach  
-Poway RTC Coach



## JEFF BUXTON

-Lehigh Assistant Coach  
-Former Blair Academy Head Coach  
-30X National Prep Team Champions



The New York State Champ Camp is held on the campus of Long Beach High School.

A training room on campus will be available for ice and other supplies.

Contact: John Meyers (858) 752-2113 [jam138@yahoo.com](mailto:jam138@yahoo.com)

## **SAMPLE SCHEDULE**

8:00am-10:00am **Technique**

**Session I** 10:00am-10:15am

**Nutrition Break** 10:15am-12:15pm

**Technique Session II** 12:15pm-

12:30pm **Drilling/Live Wrestling**

### **Wrestling Specific Strength and Conditioning**

Each session will be taught and guided by expert clinicians and wrestlers who have succeeded at the highest levels. Technique will be taught in every area of wrestling and campers will get to put what they have learned to work during the Drilling and Live Wrestling sessions. The goal of this camp continues to be to share the best and most useful techniques that work at every level of competition!

***Don't miss out on  
the chance to train  
with the some of the  
best clinicians in the  
country!***

**Check In/Check Out:** Check in will be 7:30am. At this time any balance remaining on your camp fees must be paid in full. Camp will run from 8am to 12:30pm. No supervision will be provided after this time.

**Injuries and Insurance:** You should be in good shape when you report to camp, so you will be less likely to be injured. There are no refunds due to injury or illness or no show. No cancellations accepted. All campers are required to have medical coverage prior to camp participation. The camp carries a secondary payor policy. Cost for coverage is included in the camp fee.

**Tuition:** Cost of camp is **\$250** which includes insurance and Camp T-Shirt. Please make checks payable to Poway Wrestling Foundation.

**Contract of Camp Application:** I agree to assume all risks related to my child's participation. I release, waive, discharge and covenant not to sue the Poway Wrestling Foundation ("PWF") and its consultants, employees, agents, and volunteers ("STAFF") from any and all claims, demands, or course of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by my child, or to any property belonging to my child, whether caused by the negligence of STAFF, or otherwise, while participating in this camp, or while in, on or upon the premises where the camp is being conducted. I hereby grant PWF the right to use photographs, video images and/or other media of my child for advertising, publicity and/or other commercial purposes. By signing below, I acknowledge that I have read, understand and accept this contractual agreement. \*Clinicians subject to change.

**Please complete and sign the online form  
with your \$250 payment at  
[www.powaywrestling.com](http://www.powaywrestling.com)**

**Once your application is received you will  
be sent confirmation of an acceptance.**

Call 858-752-2113 for more information or  
To sign up and pay online, visit our website  
at:

[www.powaywrestling.com](http://www.powaywrestling.com)

**This camp usually fills up by May 1. Your  
spot is not secured until payment in full  
is made online.**

**Clinicians may change due to their  
coaching/competition schedules.**

