

1st ANNUAL

# NEW YORK STATE CHAMP CAMP

ONE OUTSTANDING WEEK OF WRESTLING

**JULY 25-29, 2022**

## JOHN MEYERS

- Head Coach Poway HS San Diego, CA
- Director of Poway RTC



## Roman Bravo Young

- NCAA Division I Champion
- 2X NWCA First National Team member
- All-academic honoree
- Penn State Male Athlete of the Year
- 3X NCAA Division I All American



## MINDSET MIKE MOOR

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



## REECE HUMPHREY

- Head Coach NJRTC
- 2011 USA World Team Trials Champion
- 3X US Open Champ
- 3X World Team Member
- NCAA Finalist



## NATE JACKSON

- Princeton University assistant coach
- 2X All American
- Won over 100 career matches for Indiana University



## JOHN KNAPP

- Assistant Coach Poway HS
- Head Coach Poway Elite
- CA National Team Coach



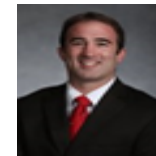
## ZACH TANELLI

- Head Coach Columbia University
- NCAA All American at University of WI



## TODD BECKERMAN

- Brown University Head Coach
- 2X NCAA All American for University of Nebraska



**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, sign and mail this form with your **\$250** payment to: **Poway Wrestling Foundation - P.O. Box 1234 Poway, CA 92074-1234**

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)**

Camper's Name: \_\_\_\_\_  
Camper's Age: \_\_\_\_\_ Camper's Approx. Weight: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_  
Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
E-Mail: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Parent Signature: \_\_\_\_\_



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