

# **14<sup>th</sup> Annual**

## **Primetime Middle school**

# **Wrestling Camp**

- For Wrestlers Entering 6<sup>th</sup> Grade Through 9<sup>th</sup> Grade
- *Advanced 4<sup>th</sup> – 5<sup>th</sup> Grade Wrestlers with Approval*
- Proven Technique and Intense Drilling Atmosphere
- Hosted by Award Winning and Caring Staff
- Campers Immersed in Motivational and Safe Environment



### **LOCATION**

***YORKTOWN,  
INDIANA***

***YORKTOWN  
HIGH SCHOOL***


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- ❖ June 13 – 17, 2012  
(Wed Evening – Sunday Afternoon)
  - ❖ Over 1200 Campers Have Attended This Camp Over the Past 13 Years
  - ❖ Drilling and Live Wrestling Sessions
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[www.primetimewrestlingcamp.weebly.com](http://www.primetimewrestlingcamp.weebly.com)

# PRIMETIME WRESTLING CAMP

## CAMP GOALS AND OBJECTIVES

- INTRODUCE WRESTLERS TO NEW TECHNIQUES AND STRATEGIES
- OFFER AN ENVIRONMENT THAT BUILDS SELF-CONFIDENCE
- CHALLENGE WRESTLERS TO BROADEN THEIR HORIZONS
- PROVIDE A SAFE, STRUCTURED CAMP FROM SUN UP TO SUN DOWN
- WRESTLERS LEAVE CAMP WITH DEEPER UNDERSTANDING OF THE SPORT OF WRESTLING

<b>CAMP DIRECTORS</b>	<b>2012 GUEST CLINICIANS</b>
<p><b>Trent McCormick</b></p> <ul style="list-style-type: none"> <li>- PrimeTime Director – 13 years</li> <li>- Science Teacher – Yorktown HS</li> <li>- Yorktown HS Head Coach – 23 years</li> <li>- Current President for IHSWCA</li> <li>- 2010 Indiana HS “Coach of the Year”</li> <li>- 2009 USA Wrestling --- “Kids/Cadet Person of the Year”</li> <li>- State Champion – Delta HS – 1986</li> <li>- Team State Champ – DHS – 1985</li> <li>- Bronze Certified Coach (USAW)</li> <li>- YHS - Team State Runner-Ups - 2010</li> </ul>	<p><b><u>Avery Zerkle</u></b></p> <ul style="list-style-type: none"> <li>● Head Coach Cincinnati LaSalle HS</li> <li>● Director – Golden Cross WC</li> <li>● Former Assistant with Jeff Jordan Camps and St. Paris Graham HS (OH)</li> <li>● 2x NCAA Qualifier – Lock Haven Univ.</li> <li>● NCAA EWL Champion</li> </ul>
<p><b>Troy Dulaney</b></p> <ul style="list-style-type: none"> <li>- PrimeTime Director – 13 years</li> <li>- Muncie Fire Fighter</li> <li>- Yorktown HS Ass’t Coach – 12 years</li> <li>- 2003 ISWA “Coach of the Year”</li> <li>- 2009 Indiana HS “Ass’t C.O.Y.”</li> <li>- U.S. Army National Champion</li> <li>- High School Coach in California</li> <li>- While Serving in the Army</li> <li>- Bronze Certified Coach</li> <li>- Wrestled for Muncie Southside (1990 Team State Champions)</li> </ul>	<p><b><u>Ed Pendosi</u></b></p> <ul style="list-style-type: none"> <li>● Former Portage HS Head Coach</li> <li>● 2X IHSAA Team State Runner Up</li> <li>● 7X IHSAA Team State Final Fours</li> <li>● Coached 8 Individual State Champions</li> <li>● Owner/Head Coach Central Indiana Academy of Wrestling</li> </ul>
	<p><b><u>Aaron Moss</u></b></p> <ul style="list-style-type: none"> <li>● Head Coach – Ben Davis HS (4 years)</li> <li>● High School Coach (13 years)</li> <li>● IHSAA State Champion (Elkhart Memorial HS – 1993)</li> <li>● 2010 ISWA C/J “Coach of the Year”</li> <li>● ISWA Team IN Duals Coach 2008-10</li> <li>● IHSWCA Regional Representative</li> </ul>

## PRIMETIME WRESTLING CAMP

### Camp Cost:

- ✓ \$275 for 4 days and 4 nights of wrestling, recreation, food and positive supervision
- ✓ Deposit due by May 27 (\$150).

### Camp Includes:

3 meals/day	Camp Shirt	Over 5 hours of practice/day
Evening Snack	Camp Picture	1 hour of live wrestling/day
1:6 ratio of coaches to campers		Team Building Activities

### Eligibility:

- ✓ Campers must meet the age range referenced on the front of this flyer.
- ✓ Wrestlers should have a sound knowledge of the sport of wrestling.
- ✓ Campers should have a minimum of 1 season of experience in the sport.
- ✓ If unsure, please contact Coach McCormick for approval

### Camp Activities and Awards:

- Team Competition – every camper is part of a team that plays in a daily competition:
  - + *Flag Football*      + *Kickball*      + *Matball*      + *Sprints*
- Awards
  - + *Mr. Hustle Recognition After Every Session*
  - + *2 Outstanding Wrestlers and 2 Mental Attitudes Awarded on Final Day*
  - + *Fun Awards and Champion T-Shirts for Team Competition Teams*
  - + *Every Camper Will Receive a Certificate of Completion on the Final Day*

<p style="text-align: center;"><b><u>Daily Camp Schedule</u></b></p> <p>6:00am Awake, Stretching and A.M. Run              8:00am Breakfast              9:00am Technique Session #1              11:30am Recreation/Free Time              12:00pm Lunch              1:00pm Team Competition              2:30pm Technique Session #2              4:30pm Recreation/Free Time              5:30pm Dinner              6:30pm Wrestling Video Instruction              7:00pm Review and Live Wrestling Session              8:30pm Recreation/Free Time/Movie              10:30pm Lights Out</p>	<p style="text-align: center;"><b><u>Past PrimeTime Campers Who Went on to be High School State Champions</u></b></p> <p style="text-align: center;">Jonathan Lloyd – Warren Central HS              Orrin Kleinhenz – Columbus North HS              Patrick Day – Mishawaka HS              Josh Harper – Mishawaka HS              Camden Eppert – Anderson Highland HS              Eric Galka – Hobart HS</p>
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## PRIMETIME WRESTLING CAMP

### Getting Signed Up For Camp:

1. Fill Out the Enclosed Application.
2. Mail Camp Application and \$150 Deposit to:  
*Trent McCormick*  
*6709 W. Norway Drive*  
*Muncie, IN 47304*
3. Make Checks Payable to:  
*Prime Time Camp*
4. Deposit and Application due by **May 27**
5. Balance of Camp Fee Due Upon Arrival at Camp. (Cash or Money Order)
6. Upon Receipt of Deposit, an "Acceptance Letter" and "Camp Necessities" Checklist Will be Mailed to the Camper.

### F.A.Q.'S

Q: Where do the campers sleep at night?

A: In their sleeping bag on the mat next to the other campers and coaches.

Q: Can campers bring in snacks/drinks?

A: Sure can!

Q: Do you have a group/team rate?

A: Yes. For a group of 6+ wrestlers from the same team/club, the rate is \$200/wrestler. Please mail all team applications/deposits together.

Q: What if my child takes medications?

A: Not a problem. We check all meds in at registration and remind campers throughout the day to take their meds.

Q: What style of wrestling do you teach?

A: This camp is folkstyle (high school style) based.

### CAMP NOTES AND INFORMATION:

- Our CADET COACHES will be some of the best high school wrestlers in Indiana including many state placers.
- SAFETY
  - Wrestlers are always grouped according to 1) weight and 2) ability level.
  - A trainer is present during the evening live sessions.
- One afternoon during camp, there will be a guest speaker who is a professional in the area of strength and fitness. He will speak to the campers about the importance of strength, fitness and nutrition in the sport of wrestling.
- If you are unsure if your son is ready for an overnight camp, contact Coach McCormick.
- For more information, contact Trent McCormick (Yorktown HS Head Coach):
  - [tmccormick@yorktown.k12.in.us](mailto:tmccormick@yorktown.k12.in.us)
  - 765-282-9136

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**PRIMETIME WRESTLING CAMP**

**PRIMETIME CAMP APPLICATION - 2012**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

CURRENT GRADE IN SCHOOL: \_\_\_\_\_ APPROXIMATE WEIGHT: \_\_\_\_\_

WRESTLER'S SCHOOL: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

USA CARD # (if you have one): \_\_\_\_\_

PARENTS'/GUARDIANS' NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PRIMARY PHONE: (\_\_\_\_\_) \_\_\_\_\_

SECONDARY PHONE: (\_\_\_\_\_) \_\_\_\_\_

3<sup>RD</sup> CONTACT (family/friend): (\_\_\_\_\_) \_\_\_\_\_ NAME: \_\_\_\_\_

HAVE YOU ATTENDED THE PRIMETIME CAMP BEFORE? (circle one) **YES** **NO**

IF YES, HOW MANY YEARS HAVE YOU ATTENDED THIS CAMP? \_\_\_\_\_

**SHIRT SIZE (circle one):** YOUTH SMALL YOUTH MEDIUM YOUTH LARGE

ADULT SMALL ADULT MEDIUM ADULT LARGE ADULT XL

\*\* Agreement and Medical Consent Form on Opposite/Next Page. This Must be Filled Out and Signed to Complete Camp Registration. Mail Application and Medicals Consent Forms Together.

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PRIMETIME WRESTLING CAMP

**AGREEMENT AND MEDICAL CONSENT FORM**

In consideration of your acceptance of my entry into this wrestling camp, I (\_\_\_\_\_) will follow the rules set forth by the Camp Directors. I am in good physical condition and understand if I am under the age of (18) years of age, I am required confirmation of this agreement by my parent(s) or guardian(s).

WRESTLER'S SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

PRINT PARENT/GUARDIAN NAME: \_\_\_\_\_

DATE OF SIGNING: \_\_\_\_/\_\_\_\_/\_\_\_\_

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I/We, the undersigned, hereby authorize any first aid, medication, medical treatment or surgery deemed necessary in case of an emergency for \_\_\_\_\_, a participant in this wrestling camp. I/We, the undersigned, hereby authorize the attending medical personnel to execute on my/our behalf any permission forms and other appropriate documents and act on my/our behalf if I/We are immediately unavailable to do so.

WRESTLER'S SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

PRINT PARENT/GUARDIAN NAME: \_\_\_\_\_

DATE OF SIGNING: \_\_\_\_/\_\_\_\_/\_\_\_\_