

U.S. Olympian Ken Chertow's Weekend Warrior Camp

Brighton High School

7878 Brighton Rd, Brighton, MI 48116

September 26-27

Cost: \$150, \$125 for Summer 2015 campers.

Substantial group discounts for non-summer campers:

4+ wrestlers = \$25 discount per wrestler

Even though 2015 summer campers do not receive the group discount because they already receive the 2015 summer camper discount, they can count towards the group total numbers.

PARENTS/COACHES: You are welcome to video tape, help out, or participate FREE.

CHECK-IN: Saturday, 2 - 2:45 PM **CHECK-OUT:** Sunday, 2 PM

1-2 day options & pro-rated fees available! Turn this flier over for a schedule.

**If you have questions, contact us at 814-466-3466 or
e-mail camps@kenchertow.com.**

Weekend Warrior Camps consist of four primary elements:

Technique Instruction - In a wide variety of important areas.

Intense Drilling - To perfect your set-ups, timing and combinations.

Live Wrestling - Champions making Champions!

Sport Science Discussions - Covering mental preparation, nutrition, strength training, goal setting, earning a college scholarship and other important topics.

REGISTRATION: Send application and payment in full to:
Gold Medal Wrestling, PO Box 120, Boalsburg, PA 16827

or

Enroll online at KenChertow.com



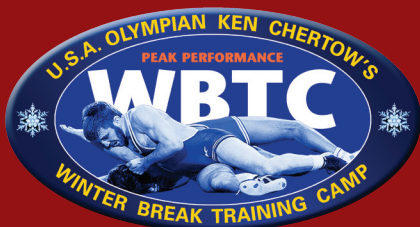
WINTER BREAK TRAINING CAMP

Ramada Inn Convention Center

State College, PA - December 26 - 31

Perfect Timing to Peak for the Heart of the Season!

Mark your calendar and contact us for details!



KenChertow.com

814-466-3466 | camps@kenchertow.com



APPLICATION

Office Use Only

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (____) _____ Wrestler's Email: _____
Age: _____ Weight: _____ USA Wrestling Member? Yes No
School/Club: _____
Parent's Name: _____
Parent's Email: _____
Coach: _____ Coach's Phone: (____) _____
Coach's Email: _____
How did you hear about camp: _____

Did you attend our 2015 Summer Camp? Yes No

Add on our Weekend Warrior Camper Package: a laundry bag, Ken's Instructional Highlights DVD, water bottle, AdvoCare Rehydrate pack, and T-shirt for \$45 (\$60 value)! Packages will be distributed at check-in. You must enroll 2 weeks before camp and include your payment with your application to receive this deal.

Nutrition Package: 2 packets of Rehydrate, 2 packets of Spark, and 2 bottles of Slam, plus a water bottle, for \$15!

Please charge my credit card in the amount of: \$ _____

Credit Card #: _____
Expiration Date: _____ / _____ V-Code: _____

Applications submitted via credit card will be charged in full. We accept Visa, Mastercard and Discover. All sales are final. No monetary refunds. Signature below is authorization for use of credit card.

Check #: _____ Cash

We authorize our child or ward to be treated by a licensed physician, EMT, registered nurse, physician's assistant, dentist, or athletic trainer, if necessary, while attending camp. In submitting this entry, we waive, release, and forever discharge Chertow, Ken Wrestling, Inc. t/d/b/a Ken Chertow's Gold Medal Wrestling Camp ("Camp"), HTC, and all camp directors and staff, and the host facility for and from any and all injuries, losses, or other damages suffered by our child or ward or us at this camp, while traveling to and from this camp, or while participating in this camp. We agree to indemnify and hold Camp, and all camp directors and staff, and the host facility, harmless from and against any and all claims or demands, including reasonable attorneys' fees, made by any third party, to include our child or ward, due to or arising out of our child or ward's participation in this camp. We acknowledge that participation in this camp poses risks for our child or ward, and we represent that our child or ward is physically able to participate in this camp, and has trained sufficiently to do so.

Parent's Signature _____ Date _____

Brighton, MI September 26-27

Please check boxes below.

ALL SESSIONS

\$150/\$125 (2015 Summer Campers)

SATURDAY:

\$80/65

SUNDAY:

\$80/65

Saturday

2 - 2:45 PM: Check in
3 - 4 PM: Session 1
4 - 5 PM: Session 2
5 - 6 PM: Dinner
6 - 7 PM: Session 3
7 - 8 PM: Session 4

Sunday

9 AM: Check in
9 - 10 AM: Session 5
10 - 11 AM: Session 6
11 - 12 PM: Lunch
12 - 1 PM: Session 7
1 - 2 PM: Session 8

Enroll online at
KenChertow.com!

Please send with payment to
Gold Medal Wrestling
P.O. Box 120



Visit wearandgear.com
for all your gear, merchandise
and instructional DVD needs!

KenChertowNutrition.com

KenChertow.com | 814-466-3466 | camps@kenchertow.com