

## Camp Staff

Lou DeLauro-Director of Warrior Wrestling Camp. Head Varsity Wrestling Coach @ DVHS. Tinman Wrestling Club Director

Nick Irwin- DVHS assistant coach  
Tinman Wrestling Club Coach

Dave Sullivan-University of Pittsburgh Wrestler. 4-yr starter and 80 match winner. DVHS assistant coach.

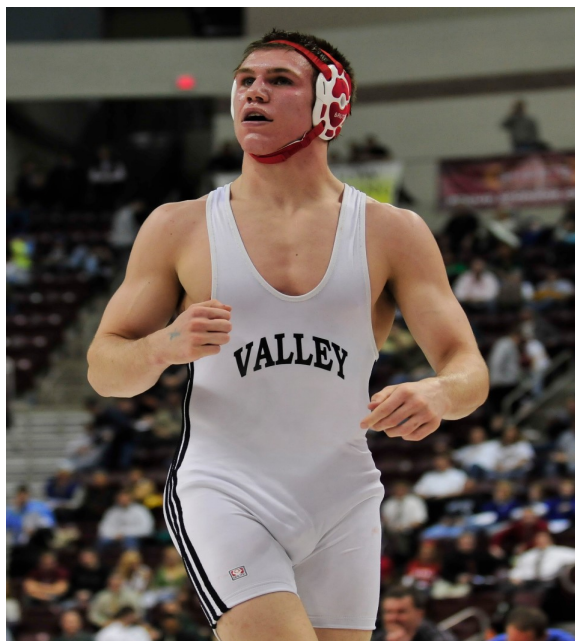
Adam Penberthy- Wilkes University 4 year starter. DVHS assistant coach. Tinman Wrestling Club Coach

Matt Parlier- DVHS Assistant Coach, former Lock Haven wrestler

Patrick Ingulli- DVHS Assistant Coach, former Wilkes Wrestler

CJ Palmer- DVMS Assistant Coach. Tinman Wrestling Club Head Coach. NCAA Division III National Champ for Hunter College. JUCO National Champ for Clackamas College

**Train with the best @ DV!!!!**



**Joe Kennedy 2008**



**Zac Jacaruso  
DVHS Sophomore  
2020 & 2021- 2X District  
Champ  
2021 State 2nd**

## **Warrior Wrestling Camps 2021**

**1st-8th Grade  
June 28-July 1  
9:00am- 2:00pm**



**Delaware Valley Warriors  
Wrestling Camp  
2021**

**12X LWL Champs  
District Champs  
2010-2013, 2015-2016,  
2018, 2020, 2021**



**CJ Palmer Former DVHS  
Wrestler & 2 X PIAA State 3rd  
2014 JUCO National Champ  
2015 NCAA DIII National  
Champ**

### Warrior Philosophy

Provide a fun and positive learning environment while teaching athletes the technique, work ethic, discipline, time management, and teamwork derived from the sport of wrestling.

### Camp Schedule

- 9:00- Camp Discussion
- 9:05- Warm-up / Motion Drills
- 9:20- Technique Session
- 10:10- Games utilizing technique taught.
- 10:25- Wrestling Video
- 10:50- Technique Session
- 11:15- Situational Wrestling
- 11:30- Lunch
- 12:00- Game
- 12:20- Technique
- 1:00- Live Wrestling ( 1:45- Camp Review
- 2:00- Camp Pick-up

### Cost:

**\$100 a wrestler per wk.**

Includes: 4 days of instruction & T-Shirt

A sibling discount \$80 for Each additional child.

Located @ DVHS

Bring a Bag Lunch

### Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home #: \_\_\_\_\_

Emergency Contact & Number: \_\_\_\_\_

Grade: \_\_\_\_\_ School \_\_\_\_\_

I hereby authorize the camp staff of Warrior Wrestling to act for my child in their best judgment in any emergency situation. I also authorize my child's attendance at Warrior Wrestling Camp, and certify that they are in good health, and are able to participate in all camp activities. I do understand that the camp will not be held responsible for any injuries that may occur on the way to, during, or on the way home from Warrior Wrestling Camp.

Parent Signature: \_\_\_\_\_

Warrior Wrestling Camps  
2021

T-shirt Size

Only guaranteed for Pre Registries

Youth/Adult (select one)

S      M      L      XL      XXL

Send Cash or checks with application to:  
Tin-man Wrestling  
185 Conashaugh Rd.  
Milford, PA 18337  
1-570-296-1851