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!!!!



Dom Moyer 2024 District Champ

& State Qualifier



Zac Jacaruso DVHS 2022 State Champion

Warrior Boys Wrestling Camp

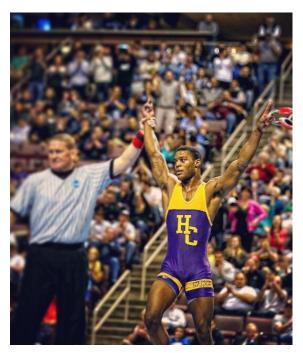
1st-8th Grade June 17th 20th 9:00– 1:30 pm



Delaware Valley Warriors
Wrestling Camp
2024

13X LWL Champs

District Champs 2010-2013, 2015—2016, 2018, 2020, 2021, 2023



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

9:35 - Technique Session

10:00 – Games utilizing technique taught.

10:20 - Wrestling Video

10:45 - Technique Session

11:10 - Situational/live Wrestling

11:30 - Lunch

12:00- Game

12:30 – Technique session

1:00 - Live

1:20- Camp Review

1:30 Camp Pick-up

Cost:

\$100 a wrestler

Includes: 4 days of instruction & T-Shirt
A sibling discount \$80 for Each
additional child.

Located @ DVHS Wrestling Room

Application

1.1	
Address:	
Iome #:	
	er:

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:		
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Warrior Boys & Girls Wrestling Camps
2024
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 1-570-296-1853