

## 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.

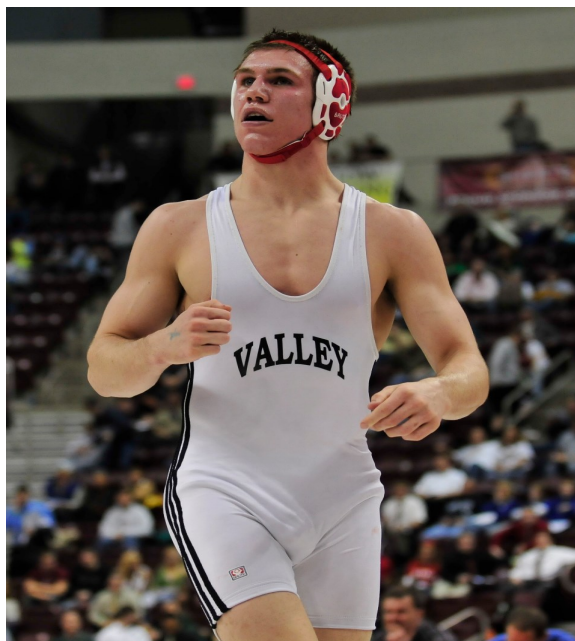
Adam Penberthy- Wilkes University 4 year starter. DVHS assistant coach. Tinman Wrestling Club Coach

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  
State Champion**



**Jalen Palmer  
2010-2014 4X District Champ  
2014 State 7th  
DV Career Win Leader 162**

## **Warrior Wrestling Camps 2019**

**1st-8th Grade  
June 26-28  
9:00am- 2:00pm**



## **Delaware Valley Warriors Wrestling Camp 2019**

**10 X LWL Champs  
District Champs  
2010-2013, 2015-2016,  
& 2018**



**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:

**\$80 a wrestler per wk.**

Includes: 3 days of instruction, T-Shirts & Pizza Party on Friday  
 A sibling discount \$65 for Each additional child.  
 Located @ DVHS  
 Bring a Bag Lunch on Wednesday & Thursday

### 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.

**Warrior Wrestling Camps  
2019**

**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**