

PO Box 4462
Hempstead, NY 11551



Hofstra Head Coach
TOM SHIFFLET
presents

**2010 SUMMER CAMPS
AT HOFSTRA UNIVERSITY**

Technique Camp
Monday, June 28th through July 1st

Team Competition Camp
Sunday, June 27th through July 1st

Seven Day Training Camp
Sunday, July 11th through July 17th
Held in the new state of the art Teague Ryan Wrestling Complex

Youth & Middle School Day Camp
Monday, July 19th through July 23rd
Held in the new state of the art Teague Ryan Wrestling Complex

www.strongislandwrestling.com

About Strong Island Wrestling Camps:

Strong Island Wrestling offers an opportunity to improve your wrestling in all areas. With a very experienced staff that includes World and National champions we will create an exciting and great learning experience! Our team of coaches will emphasize the development of individual strengths, while stressing the fundamentals of each camp. Strong Island Wrestling offers four camps at Hofstra University. Residents are provided with three meals a day, air-conditioned dorms, air conditioned wrestling facilities.

What to bring:

All residents please bring linens, pillow, blanket, towels, alarm clock, wrestling shoes, headgear, kneepads. Showers and laundry service are provided in dorms. You will also need \$40 cash for key deposit.

Medical and Insurance Information:

All participants need to fill out a medical form and submit it before any participation in the camp can begin. Anyone under eighteen years of age needs a signature from a parent or guardian. We provide a secondary insurance for all campers. Medical forms can be found online at strongislandwrestling.com. Anyone who registers by mail will be sent a medical form once we have received your information and deposit.

Registration:

Individual Camp registration can be done online at strongislandwrestling.com. or by mailing in the application. All camp information and forms (applications, schedules, and medical forms) can be found on our website. All teams must register together along with a check or money order from their school or club.

To hold your reservation:

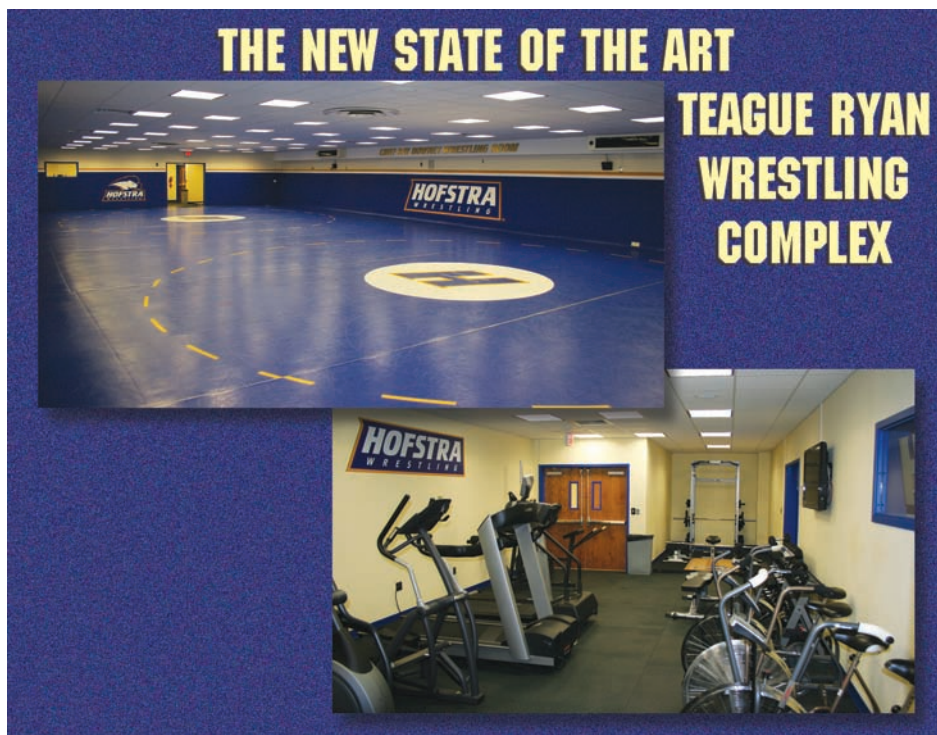
Application must be filled out completely and sent with full payment or \$100 non-refundable deposit to: **Strong Island Wrestling**, PO Box 4462, Hempstead NY 11551. Make all payments out to **Strong Island Wrestling**. Check or Money Order accepted.

***Discounts:**

- \$25 discount per camper will be given to teams of fifteen or more before June 1st.
- No discounts after June 1st. A \$25 charge will be added to the original camp fee for those registering after June 1st.

Camp Refund Policy:

Strong Island Wrestling has a contractual obligation to pay for housing, meals and staff before the start of camp. Therefore no monetary refunds will be given once camps begin on June 28th. Prior to camp the \$100 deposit is non-refundable.



For more information contact Rob Anspach at:
Robert.anspach@hofstra.edu or call (516) 463-3758
 Checkout the campus and facilities of Hofstra University
 at www.hofstra.edu



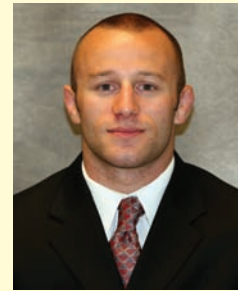
Tom Shifflet
Head Coach Hofstra University
3x NCAA All-American



Rob Anspach
Asst. Coach Hofstra University
2x NCAA Qualifier



Terry Madden
Hofstra University Assistant coach
2x DIII All-American
DIII National Champion
University Freestyle All-American



Zach Tanelli
Hofstra University Assistant coach,
3x NCAA Qualifier
2009 All-American

College Mentors

Lou Ruggirello - NCAA Qualifier Steve Bonanno - NYS Champion
Ryan Patrovich - NCAA Qualifier Ben Clymer - PA State Champion
Justin Accordinio - H.S. All-American Jamie Franco - NYS Champion
PJ Gillespie - NYS Champion Luke Vaith - MN State Champ



HOST STRONG ISLAND AND THE HOFSTRA STAFF AT YOUR SCHOOL!

Call (516) 463- 6615 for details and to reserve your dates today! Three day commuter camp at your school. Two sessions per day 9-11:30A.M. and 12:30 - 3:00 P.M.

Technique Camp

June 28th - July 1st

\$395 resident (includes three meals a day, housing, three wrestling sessions) *See where discounts apply

\$295 commuter (includes lunch and dinner, three sessions of wrestling) *See where discounts apply

The technique camp provides essential fundamental drills and technique for beginner and advanced wrestlers. We emphasize breaking down each individuals style of wrestling and improving on it. Campers will be introduced to many different styles and techniques that have been proven at all levels of wrestling. Campers will interact with coaches and mentors for three two hour sessions each day. Last session will be a takedown tournament.

Typical Day:

Check-in Monday June 28th 12:00 noon - 2:00pm

7:00am - 8:00am - Breakfast

9:00am - 11:00am - Session I drilling fundamentals, technique

12:00pm - 1:00pm - Lunch

2:00pm - 4:00pm - Session II situation drilling and live

5:00pm - 6:00pm - dinner

7:00pm - 9:00pm - Session III technique, intense drill

11:00pm - Lights Out

Team Competition Camp

June 27th - July 1st (High School, Middle school teams and Individuals are welcome!)

\$405 resident (includes three meals a day, housing, and three sessions of wrestling a day)

\$380 teams of fifteen or more (after June 1st team discount does not apply)

\$305 commuter (includes lunch and dinner)

This camp provides you with summer competition in a dual meet format. Individuals who sign up will be put on a team to compete. Each day will consist of three sessions of dual meet action. This is a great way to keep your team together and build on team unity and essential mat experience. Teams will be broken into divisions based on experience.

Typical Day

Check-in Sunday June 27th 2:00pm - 4:00pm

7:00am - 8:00am - Breakfast

9:00am - 11:00am - session I technique (45 min) warm-up (15 min) dual meet

12:00pm - 1:00pm - Lunch

2:00pm - 4:00pm - Session II technique (45 min) warm-up (15 min) dual meet

5:00pm - 6:00pm - Dinner

7:00pm - 9:00pm - Session III technique (45 min) warm-up (15 min) dual meet

11:00pm - Lights Out! (some sessions may consist of two dual meets)

Seven Day Training Camp

July 11th - July 17th

\$625 resident (includes three meals a day, housing, four sessions of training) *See where discounts apply

\$425 commuter (includes lunch and dinner, does not include morning lift or run) *See where discounts apply

This camp is for individuals and teams who are preparing for summer competition in all styles and are looking to gain an edge. We will train four times a day which includes (running or lifting, live wrestling, technique and mental preparation).

The training camp has limited enrollment for better individual instruction. This camp is not for beginners!

Typical Day

Check-in Sunday July 11th 2:00pm - 4:00pm

6:00am - 7:00am - session I lift or run

7:30am - 8:30am - breakfast

9:00am - 11:00am - Session II technique

12:00pm - 1:00pm - Lunch

2:00pm - 4:00pm - Session III Live wrestling

5:00pm - 6:00pm - Dinner

7:00pm - 9:00pm - Session IV drills, individual critique, video

11:00pm - Lights Out

Training will be in the new state of the art Teague Ryan Wrestling Complex

Youth & Middle School Half Day Camp

July 19th - July 23rd

\$325 (includes lunch)

\$300 teams of ten or more (after June 1st team discount does not apply)

This camp is geared toward youth and middle school wrestlers. The kids will have the opportunity to learn the basic wrestling skills and also be involved in team competition. This is a great way to get involved in the sport of wrestling and have fun with other kids their age. We will have a great coaching staff and many college mentors to help during the week.

* Limited space is available.

** Additional Early drop off is available, please call to set up.

Typical Day

8:30am Drop-off and check-in, Monday July 19th

9:00am Roll Call and warm-up

9:15am-10:30 Technique

10:30am - 11:45 Team Competition

noon- 1:00 PM lunch

1:00- 2:00 PM Technique

2:00 - 3:30 PM Team Competition

3:30 - 4:00 PM Games

4:00 PM - Pick-up

Training will be in the new state of the art Teague Ryan Wrestling Complex

Please see other side for individual and team discounts!

We encourage all individuals to enroll online at: Strongislandwrestling.com

Name _____ weight _____

Phone _____ age _____ graduation year _____

Address _____

City _____ State _____ Zip _____

Email _____

Parent/Guardian name _____

work phone/cell _____

Do you have a USA Card yes no Card # _____

t-shirt size y/m sm md Lg xLg xxLg

roommate _____

Technique Camp - June 28th - July 1st

_____ resident \$395 _____ \$ 295 commuter

Team Competition Camp - June 27th - July 1st

_____ resident \$405 _____ team (15+) \$380 _____ commuter \$305

7 Day Training Camp - July 11th - July 17th

_____ resident \$625 _____ commuter \$425

Youth & MS Camp - July 19th - July 23rd

_____ commuter \$325 _____ team (10+) \$300

Camp Fee _____ Total enclosed _____

Balance Due _____

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