

CAMP DIRECTORS & HEAD COACHES

Coach and Motivator Roy Pittman is now one of USA Wrestling's 12 Gold Coaches. He has coached in the Olympics and coached many Olympic wrestlers. He is the head coach of the Peninsula Wrestling Club and is a member of the Oregon Wrestling Hall of Fame.

Coach Tony Russo is a former coach at Newberg High School. Under his leadership the Tigers won many Oregon wrestling titles and Oregon State Championships. Coach Russo is in the Oregon Wrestling Hall of Fame.

Coaches Oscar and Rodney Hicks are in charge of strength, speed and quickness. They both played football at Portland State under Pokey Allen where they won a northwest title.

In addition, other top coaches and outstanding wrestlers will be on hand. Counselors and clinicians will be available at all times for individualized help.

CAMP ACTIVITIES INCLUDE

- (1) Three sessions of skill work and evaluation each day. Workouts with state and national champions.
- (2) Motivational speakers with encouragement and goal setting.
- (3) Recreational activities available include basketball, fishing, table tennis and hobby time.
- (4) Workout with state and national champions.

COACH SESSIONS

Special opportunity is available for coaches to attend camp, with or without campers as part of the staff. Call for information as space is limited.

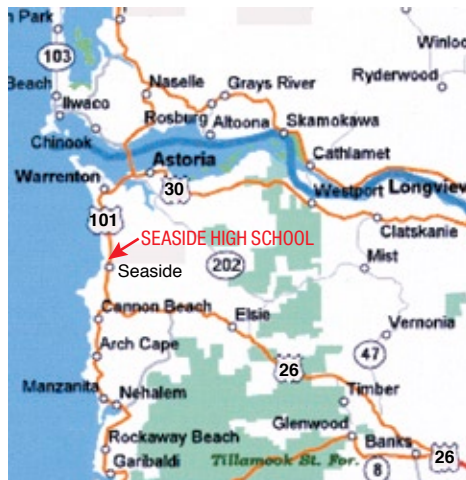
DAILY SCHEDULE

6:45 AM	Wake Up
7:00 - 7:45 AM	Aerobic Activity
7:45 - 8:00 AM	Clean Up
8:00 - 9:00 AM	Breakfast
9:00 - 10:00 AM	Hobby and Free Time
10:00 - 12 Noon	Wrestling Session
12:00 - 1:00 PM	Lunch
1:00 - 3:00 PM	Hobby and Free Time
3:00 - 5:00 PM	Wrestling & Games
5:00 - 6:00 PM	Dinner
6:00 - 7:00 PM	Hobby and Free Time
7:00 - 9:00 PM	Technique & Goal Setting
9:00 - 10:00 PM	Hobby and Free Time

CAMP DIRECTIONS

From the South of Portland, travel west on Highway 26 past Zoo/Forestry Center for 73 miles reaching Highway 101 at the Cannon Beach exit. Merge right toward Seaside/Astoria. Travel 5 miles north into Seaside, and turn left off Highway 101 into Seaside High School.

From the North of Portland travel west on Highway 30 toward Clatskanie, St. Helens and Astoria. Travel through Astoria and connect with Highway 101 on the west side of town. Stay on Highway 101 over Youngs Bay Bridge, through Warrenton, after which the highway bends left. Seaside High School is on the right side of the highway, about 10 miles south of Warrenton.



CAMP STORE

Campers may deposit money into an account at check in. Purchases at the store will be deducted and any money will be returned at check out. Staff recommendation is \$20.

FOR QUESTIONS, CONTACT:

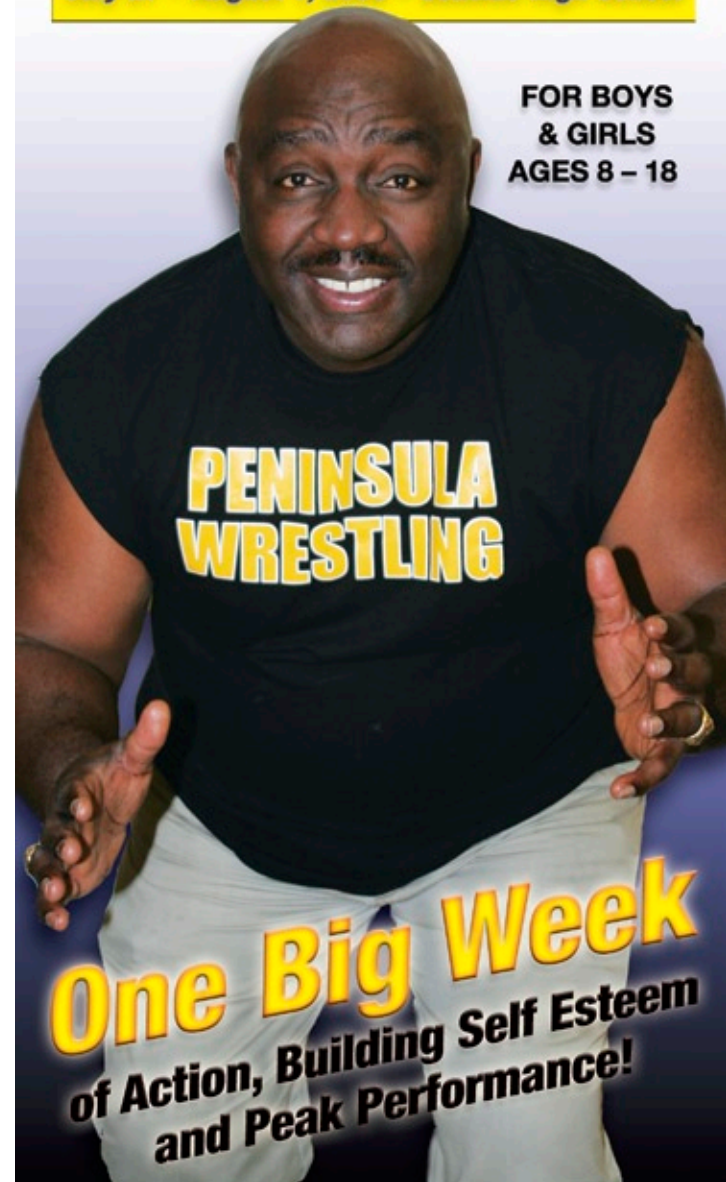
Coach Pittman (503) 314-7884, or
Coach Russo (503) 538-9608

MAIL APPLICATIONS & DEPOSITS TO:

NW PREMIER WRESTLING CAMP
P.O. Box 11081
Portland, OR 97211

NW Premier Wrestling Camp

July 27 - August 1, 2008 • Seaside High School



FOR BOYS
& GIRLS
AGES 8 - 18

One Big Week
of Action, Building Self Esteem
and Peak Performance!

CAMP PHILOSOPHY

Our philosophy is to help develop a positive self image in our athletes and to provide a safe, supportive environment which will enable each camper to perform at their individual levels. We will evaluate each camper and help them recognize their own potential and abilities. This will enable our coaches to give special attention for further development.

Football sessions will be non-contact, demonstrating skills and techniques on how the two sports coincide.

This camp will make every effort to cover all phases of wrestling and to better prepare campers for higher levels of competition. We will stress a sense of self worth, self discipline and a commitment to positive achievements.

CAMP DATES

July 27 through August 1, 2008

CHECK IN / CHECK OUT

Check In: Sunday, July 27, 2008, 1:00 to 4:00 PM

At this time, any fees remaining for the camp must be paid in full. There will be an evening session at 5 p.m.

Check out: Friday, August 1, 2008, 11:00 AM to 12:00 Noon

There will be no supervision provided after noon. No lunch will be served on Friday.

ELIGIBILITY

Camp is open to boys and girls, ages 8 to 18 with skill levels from novice to state champion.

WHAT TO BRING

Workout gear (wrestling), jogging shoes, bedroll or sleeping bag, towels, shampoo, soap, toothbrush, plastic bag for wet clothes, fishing pole (optional).

FEES

Resident Camp **\$325 for 6 days**
Same day registration (space permitting).

GROUP DISCOUNTS: Eight or more campers from the same school or club receive \$25 discount for each camper. Three or more campers from the same family receive \$20 discount for each camper. Discounts cannot be combined and applications must be mailed together.

DEPOSIT: A \$100 deposit is required with each application. Deposits are not refundable.

NO REFUNDS WILL BE MADE.

HEALTH & INSURANCE

Potential injuries are part of any sport camp. Campers should be in good physical shape when reporting to camp, so injuries will be less likely. Any camper sustaining a serious injury will be asked to go home. No refunds will be made for illness or injury. Medical insurance is required for all campers by private medical coverage.

Costs for the treatment of injuries and hospitalization for illness or injuries during the camp will be the responsibility of the parent or guardian of the participant.

INSURANCE IS REQUIRED.

OUR SPONSORS

Norman's Floor Covering

Matt Norman, Owner

503-538-8242

900 Industrial Way • Newberg, Oregon 97132

www.normansfloorcovering.com

Frontier Land Surveying, Inc.

Pete Russo, Construction Manager

503-679-0322

10110 SW Nimbus Ave. • Beaverton, Oregon 97008

Worthington Woodworking

Jed Worthington, Owner

503-538-0151

901 North Brutchter St., Suite 350 • Newberg, Oregon 97132

www.worthwood.com

Keller Williams Realty Professionals

Erik Gerth, Real Estate Broker

503-748-8305

Email: erikgerth@kw.com

Search homes and property for sale at www.portlandsmis.com

Beaudry's Inc. Custom Cabinets

Rick Beaudry, President

503-538-6986

P.O. Box 1149 • Newberg, Oregon 97132

CAMP APPLICATION

Name _____

Age _____ Year in School _____

Birthdate _____ Weight _____

T-Shirt Size _____

Phone _____

Address _____

City/State/Zip _____

Federation Card # _____

Amount Enclosed (\$100.00 Minimum) \$ _____

Date Received _____ Balance Due \$ _____

EMERGENCY TREATMENT INFORMATION

Parent/Guardian _____

Phone: Home _____

Business _____

Friend _____

Past health problems or injuries _____

Medications _____

Drug Sensitivities _____

Allergies _____

Insurance Company _____

Address _____

City/State/Zip _____

Phone _____

Group # _____

Identification # _____

I verify that my child has been checked by a licensed physician and is physically able to participate in the Premier Wrestling Camp. If necessary, I agree to allow my child to be treated by a licensed physician while attending, and to assume all costs related to such treatment. I hereby authorize the directors of the camp to act for me if medical attention is necessary. I/we do hereby remise, release and discharge all officers and employees of the Premier Wrestling Camp of all liability for any illness or injury incurred by the above mentioned participant while at camp.

Date _____

Signature _____

(parent or legal guardian)



Space is limited! Apply now!