

2013 Camp Application

[Please Print](#)

- TEAM CAMP June 29 - July 2 \$405
OR
 TECHNIQUE CAMP July 8 - July 11 \$405

HS TEAM NAME _____ HEAD COACH _____

WRESTLER'S NAME _____ CELL _____

EMAIL _____

Address _____

City _____

Zip _____

Shirt Size _____

Roommate Preference _____

Signature of Parent or Guardian _____

Non refundable deposit of \$100. Upon receipt of check we will return a confirmation email with more instructions.
Lions Wrestling Clinic • Athletic Dept • TCNJ • PO Box 7718
Ewing, NJ 08628 • 609-771-2227

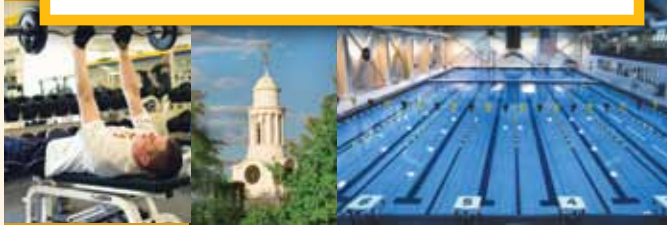
held at
The College of New Jersey

TEAM CAMP June 29 - July 2
TECHNIQUE CAMP July 8 - July 11

WWW.LIONSWRESTLING.COM



Lions Wrestling Clinic takes place on the campus of The College of New Jersey, but the Camp is not owned, operated, or otherwise affiliated with the College. The Camp Director is an independent contractor and the College is not responsible or liable for the actions of the Camp or Camp Director.



2013 LIONS WRESTLING CLINIC



ASSISTANT DIRECTOR

Dave Icenhower

- Head Coach at TCNJ for 35 years
- 5x NCAA Division III Champion
- 5x NCAA Division III Runner-up
- 13 Straight Conference Titles
- 129 Division III All-Americans
- 19 Division III National Champions
- 1 Division I National Champion
- NCAA III Hall of Fame
- Over 500 Dual Meet Wins
- 2x NCAA Division III "Coach of the Year"
- 1982 & 1997 East/West All Star Coach



DIRECTOR



JOE GALANTE

- Head Coach at TCNJ
- 2012 NWCA Rookie Coach of the Year
- 2x All-American
- All Academic Team Member
- National Finalist
- NJ State Finalist

RESIDENT STAFF

Bill Jacoutot

- Head Coach at Spencerport H.S. (NY)
- 2 State Champions
- Ranked #1 H.S. Team in NY State

Joe Hodge

- Penn State All-American
- NJ Freestyle Champion

Chris Potter

- Head Coach at Pocono Mtn.
- National Champion at TCNJ

Dave Ilaria

- Assistant Coach at TCNJ
- National Champion at TCNJ

Brian Dempsey

- Assistant Coach at TCNJ
- 3x All-American

Sean Flynn

- Assistant Coach at TCNJ
- 2x NCAA Qualifier

Len Goduto

- Assistant Coach at TCNJ
- Academic All-American

OUTSTANDING CLINICIANS

Tom Sculley

- NCAA Champion at Lehigh
- Former N.C. State Assistant

Chris Ayres

- Head Coach at Princeton
- All-American
- EIWA Champion

Joe Dubuque

- Assistant at Princeton
- 2X NCAA Champion at Indiana

Sean Gray

- Assistant at Princeton
- 2X NCAA All-American at Boston

Nic Bedelyon

- Assistant at Rider
- 2X All-American at Kent St.

John Hangey

- Associate Head Coach at Rider
- NCAA All-American

Jason Nase

- Assistant at Rider
- NCAA All-American
- NJ State Finalist

Joe Pollard

- Assistant at Rutgers
- NCAA Division III Assistant Coach of the Year

Vinnie Santaniello

- Shore Thing Wrestling Club
- NJ State Finalist
- NCAA Finalist at TCNJ

Mike Galante

- National Qualifier at Lehigh
- 2X University National Champion

Dan O'Conne

- 3X All-American
- Head Coach at Brick Memorial

Blaine Woszczak

- 3X All-American at Ithaca
- Elite Wrestling Club

Plus Guest Clinicians

TECHNIQUE CAMP

July 8 - July 11
Overnight - \$405
Commuter - \$295

- Grouped by age and ability
- Team discounts
- Family discounts
- Choice of roommate
- Full time trainer
- Recreational facilities
- Climate controlled teaching facility
- Choice of subjects each instructional hour
- Live wrestling each night
- Optional camp tournament
- Extra help each afternoon
- Great staff to camper ratio
- Swimming each day
- Free camp t-shirt
- All you can eat meals
- Ice cream party

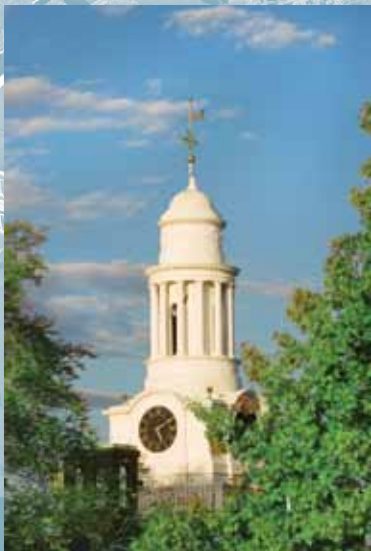


FACILITIES

All teaching sessions will be held in the Student Recreation Center, which is climate controlled for the best possible teaching conditions. The center contains a large wrestling room, weight room, jogging track, racquetball courts, and four tennis courts. The swimming complex will also be available to campers. The campers will be housed in the College dormitories.



NOTE - Must be going into 7th - 12 grade



COMPETITIVE TEAM CAMP

June 29 - July 2
Overnight - \$405

The Lions Wrestling Clinic will again feature the Team Competitive Camp. It will feature team competition, technique instruction, and a camp tournament. Last year over 800 wrestlers from 60 High Schools took part in this camp. Competition is based on geographic and competitive lines. Teams ranged from some of the best teams in the state of New Jersey, New York, Pennsylvania, and Delaware to teams that are building and had less than 500 records. This camp has filled quickly over the last few years so we urge coaches to call early for team entry. (609-771-2227) or email Lionswrestlingclinic@gmail.com.

TEAM CAMP FEATURES

- Coaches attend free with team & receive coaches package
- Competition each session
- Awards to tournament champions
- Leagues based on power and geography
- Tournament has 2 divisions (V & JV)
- Extra Instructional sessions each afternoon
- Choice of roommate
- Outstanding clinicians
- 2 or 3 schools may combine to form a team
- The 14 National High School weight classes will be used
- One weigh in - good for the week
- Promotes team unity

CAMP WILL FOLLOW ALL N.J.S.I.A.A. RULES

CLINIC PHILOSOPHY

The Lions Wrestling Clinic Staff is comprised of coaches and wrestlers from every major conference in America. The staff has either won or coached wrestlers to titles in the E.I.W.A., Big Eight, Big Ten as well as N.C.A.A. Division I and Division III National Championships. The High School coaches have coached numerous wrestlers to individual and team state titles. We feel that the cross section of College Coaches, outstanding wrestlers and High School coaches is ideal for a summer program.

The Lions Wrestling Clinic gives each wrestler a choice in what he wants to see and learn. Two-hour teaching sessions will be offered with two or three topics being offered at each session. A wrestler may choose to see something new or review what he has already learned.

Many of the topics will be offered more than once and different clinicians will teach so a wrestler may want to see a topic more than once. Topics will be offered according to demand. The following areas are among those that will be offered:

- Drop step double and single
- High crotch
- Ducks, drags and Firemans
- Defensive takedowns
- Upper-body throws
- Basic freestyle
- Advanced freestyle
- Russian tie and Undertook series
- Head and Arm and whizzer series
- Breakdowns and riding
- Reversal-rolls
- Stand-ups/switches
- Arm bars-tilts
- Cradles
- Front head lock
- Basic legs
- Advanced legs
- Half nelson series
- Set-ups, stance, motion, changing, levels, penetration
- Philosophy and mat strategy lecture
- Inside step single and double
- AND MUCH MORE!

In addition to teaching sessions, live wrestling and individual instruction will be held nightly. Swimming, racquetball and other recreational activities are also available.