

2019 SUMMER CAMPS

AT LUTHERAN WEST

NORTHEAST OHIO CHAMPIONSHIP WRESTLING CAMP

STAY LOCAL WITH CAMP AND GET GREAT TECHNIQUES AND INSTRUCTION
FROM AREA HEAD COACHES AND THEIR ATHLETES.

WHEN

MONDAY JULY 1 -
WEDNESDAY JULY 3, 2019
9:00 AM - 11:30 AM
CHECK-IN ON
MONDAY JULY 8
AT 8:30 AM

WHO

BOYS AND GIRLS
AGES 6-14
OR 12-18
(SEE BACK FOR DETAILS)

WHERE

LUTHERAN WEST
HIGH SCHOOL
3850 LINDEN ROAD
ROCKY RIVER, OH

REGISTER ONLINE AT

LUTHERANWEST.COM/SUMMERCAMPS

If online registration is not an option for you, please
contact us so that we can help you register.



**Northeast Ohio Championship
Wrestling Camp**

Hosted by:
Chris Vondruska

 **Lutheran West**
WRESTLING

CAMP DETAILS

Northeast Ohio Championship Wrestling Camp features head coaches and wrestlers from local college programs. Coaches will provide instruction and education on the 'championship mindset' of a successful wrestler.

Our 2019 camp schedule will be:

- DAY 1: Run by featured coach Josh Moore of Cleveland State University
- DAY 2: Focus on Wrestling Mindset
- DAY 3: Run by featured coach Josh Malave of Mount Union

Session I: 9:00 - 11:30 AM, Ages 6-14

This session focuses on basic technique and is directed toward beginning wrestlers. 1-3 years of wrestling experience recommended, but open to any participant.

Session II: 1:00 - 3:30 PM, Ages 12-18

This session will contain basic technique but will move at a quicker pace geared toward older wrestlers with some experience. 4+ years of wrestling experience (or high school age) recommended, but open to any participant.

COACHING STAFF

Additional coaches/clinicians may be added.



CHRIS VONDRUSKA

- St. Edward graduate
- Two-time Ohio state runner-up
- Two-time NCAA qualifier
 - Hofstra University graduate
 - Ohio State University graduate



JOSH MALAVE, MOUNT UNION

- Lutheran West graduate
- Ohio state place winner
 - NCAA All-American
 - Mount Union graduate
 - Current Mount Union Head Coach



WRESTLING MINDSET

- Performance Success Secret
- Training minds since 2008
- Developed by the Zanetti Bros
- Used by Colleges all over
- Used by USA Wrestling



JOSH MOORE, CLEVELAND STATE UNIVERSITY

- Penn State Graduate
- Kent State Graduate
- Pennsylvania State Champion
- Two-time NCAA All-American
- Current CSU Head Coach



JAKE HUNTER

- Penn Graduate
- 2x Missouri State Champion
- HS All-American
- Wrestling Mindset Manager
- Performance Expert

COST & REGISTRATION

(WRESTLER NAME)

(ADDRESS)

(PHONE)

(EMAIL)

(AGE)

(WEIGHT)

SESSION:

- SESSION I:
AGES 6-4
9 - 11:30 AM
- SESSION II:
AGES 12-18
1 - 3:30 AM

REGISTRATION TYPE:

- PRE-REGISTRATION: \$60
- AT THE DOOR: \$80

QUESTIONS? CONTACT CHRIS VONDRUSKA:
440-865-1608
NortheastOhioCWC@hotmail.com

Cash is appreciated, but make all checks payable to: Northeast Ohio Championship Wrestling.

Send this form along with payment to:
Chris Vondruska
13080 Northpointe Circle
Strongsville, OH 44136

Note: upon arrival on the first day of camp, an emergency medical form will be supplied and must be completed fully.

In consideration of your acceptance of my entry, I agree to be legally bound for myself, my heirs, executors and administrators, waive and release Lutheran West High School, representatives, committee members from any and all claims of right to damages for injuries suffered by me directly or indirectly traveling to and from or competing in the Northeast Ohio Championship Wrestling Camp & Tournament.

(PARENT SIGNATURE) (DATE)