

# 2019 LHU WRESTLING CAMPS

## **Specialized Technique Camp - June 27-June 30, \$300/Resident (All Ages) \$250/Commuter**

Option 1- Top and Pinning

Option 2- Takedowns and Chain Wrestling

Learn the positions and techniques used to takedown, ride, turn, and pin the best in the country. Each session will emphasize scoring and offense including setups, takedowns, and finishes as well as leg riding, cradles, and tilts. The LHU coaching staff will teach you to be aggressive, and score from your feet or the top position as well as counter attacks. If you want to be one of the best, you must have excellent chain wrestling. Hand fighting, under-hooks, front head locks, and leg attacks will be your specialty once you finish this great camp.

## **Team Technique Camp - June 27 - June 30, (All Ages) \$305/Resident \*12 Team Limit**

This camp will be held during our technique camp, but will offer teams the opportunity to compete in duals and individual matches as well. The camp will be limited to 10 teams to insure proper mat space for drilling as well as personalized instruction for each team. It also offers an earlier date for programs looking to attend a team camp before summer football starts in July. The structure of the camp will consist of the following: 40% Instruction/technique, 40% Competition, 20% Team Activity/Mental Training.

## **High School Team Camp - July 14-17, \$350/Resident \$280/Commuter \*Housing in New A/C Suites**

Take advantage of this opportunity to compete against some great schools in a dual meet setting. Every wrestler will have the opportunity to wrestle 12-15 matches while building team unity. Technique sessions will be held throughout the camp. Individuals and small groups are welcome and will be added to a team. Is your Team up for the Challenge? Come find out.

## **Junior High Team Camp - July 14-17, \$340/Resident \$280/Commuter \*Housing in New A/C Suites**

Take advantage of this opportunity to compete against some great schools in a dual meet setting. Every wrestler will have the opportunity to wrestle 12-15 matches while building team unity. Technique sessions will be held throughout the camp. Individuals and small groups are welcome and will be added to a team. Is your Team up for the Challenge? Come find out.

Lock Haven University wrestling camps are one of the most tradition-rich and historical camp systems. Our 2019 Camps will be held on the beautiful campus of Lock Haven University. This year we will be offering camp in June and July. Junior High Competition, Specialized Technique, High School Competition, and our College Style Training Camp. Each of these camps offer world class instruction from past champions and by coaches who have developed champions. Take a moment to read below about what each camp has to offer. We look forward to working with you this summer and appreciate your support of our program.

- Lock Haven University Head Wrestling Coach Scott Moore

## **Prices**

**Specialized Technique.....\$300 (\$250 Commuter) June 27 - June 30**

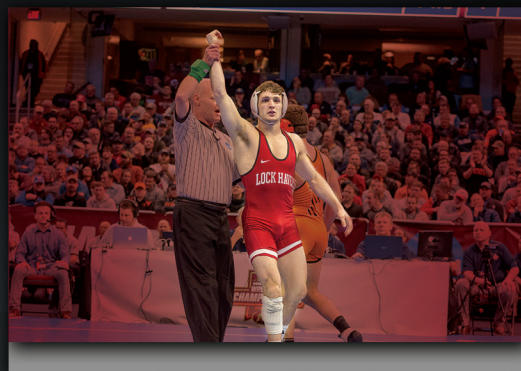
**Team Technique Camp.....\$305 (\$250 Commuter) June 27 - June 30**

**High School Team Camp.....\$350 (\$280 Commuter) July 14 - July 17**

**Junior High Team Camp.....\$340 (\$280 Commuter) July 14 - July 17**

Contact Head Coach Scott Moore, [smoore9@lockhaven.edu](mailto:smoore9@lockhaven.edu)





# 2019 LHU WRESTLING CAMPS

## Application

Name \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Coach's Name \_\_\_\_\_ Coach's Phone \_\_\_\_\_

Grade In September 2019 \_\_\_\_\_ High School \_\_\_\_\_

**Specialized Technique Camp:** June 27-30, 2019

☐ Resident.....\$300 ☐ Commuter....\$250

**HS Team Camp:** July 14-17, 2019

☐ Resident.....\$350 ☐ Commuter....\$280

**Team Technique Camp:** June 27-30, 2019

☐ Resident.....\$305 ☐ Commuter....\$250

**JH Team Camp:** July 14-17, 2019

☐ Resident.....\$340 ☐ Commuter....\$280

**Please mail in applications to:**

Scott Moore  
401 North Fairview Street  
222 Thomas Fieldhouse  
Lock Haven, PA 17745

**For more information, contact:**

Head coach Scott Moore at (570)-484-2805 or at [smoore9@lockhaven.edu](mailto:smoore9@lockhaven.edu)  
Visit our Camps Website at [www.GOLHU.com/Camps](http://www.GOLHU.com/Camps)

**\*All Checks payable to Lock Haven University, Memo: LHU Wrestling**



**Scott Moore**



**Nate Carr Jr.**



**Rob Weikel**



**Ronnie Perry**

For Full Coach Bios, Visit our Website at [www.GOLHU.com](http://www.GOLHU.com)