



2016 Lock Haven University Wrestling Camps

Welcome to Lock Haven University Wrestling Camps,

Lock Haven University Wrestling Camps are one of the most tradition-rich and historical camp systems in America. Our 2016 Camps will be held on the beautiful updated campus of Lock Haven University. This year we will be offering seven unique camps, including a

Father-Son Education Camp, Elementary Instruction, Junior High Competition, Specialized Technique, High School Team Competition, Seven-Day Intensive Training 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 of our camps offer. We look forward to working with you this summer and appreciate your support of our program.

Father-Son Education Camp (Ages 6-12) - June 24-26, 2016 (New Camp) Resident \$175.00 (per family member) Special Curriculum from Charlie Brenneman Included

Learn from our entertaining staff how to build a great bond through wrestling. Educational topics will be included in this camp to help support mental and physical growth with focus on fun and fundamentals. This will be a great weekend for the whole family.

Elementary Instruction Camp (Ages 6-12) June 24-26, 2016- \$150 (Commuter Only) No night sessions

Learn from our young and energetic staff how to have fun and develop in the sport of wrestling. Basic skills, abilities and wrestling positions will be taught with the idea of getting your youngster excited about the sport. Surround your son/daughter around some great mentors and educators during this camp.

Specialized Technique - Two Options - June 23-26, 2016 (Ages 10-18) \$290/Commuter \$235

Option 1-Top and Pinning at its best- learn the positions and technique used to ride, turn, and pin the best in the country. Each session will emphasize top work including legs, cradles, tilts and bar-arms. The LHU coaching staff will teach you to be aggressive and score from the top position and counter attacks. Back points win matches, get your top series at this camp!

Option 2- Takedowns and Chain Wrestling-If you want to be one of the best, you must have excellent chain wrestling. From set-ups to finishes this camp will emphasize scoring from your feet and making a quick transition once you get to the mat. Hand fighting, movement, under-hooks, front heads locks and leg attacks will be your specialty after finishing this great camp.

Junior High Competition Team (Grade 5-9) July 10-13, 2016 (Housed in the A/C Fairview Suites/REC Center) \$305/Commuter \$235

This camp was a huge success last year and we are looking forward to expanding the field this year by adding advanced elementary wrestlers into the team aspect of the camp. (During the same week as HS Team Camp.) There will be a strong emphasis on technique development and skill instruction as well as a dual tournament throughout the camp. Campers will compete in an individual tournament on the last day of camp.

High School Team Competition (HOUSING IN NEW A/C SUITES) - July 10-13, 2016 \$325/Commuter \$265

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 are welcome and will be added to a team. This camp will be hosted in the Student Rec Center, which is a state of the art facility located right next to the dorms.

7 -Day Intensive Training Camp (HOUSING IN NEW A/C SUITES) - July 10-16, 2016 \$575/Commuter \$425

This camp will meet all your expectations and prepare you to beat the toughest competition. Circuit training, outdoor workouts, competition, specific technique sessions and more. If you want to experience what it takes to compete in college, this is the camp for you. Spend a week training with our staff and team while staying in the new A/C Fair-view Suites. Hard work, Discipline and Consistency at its best. Campers will compete in the Dual tournament and Individual tournament, along with extra training and technique sessions throughout the week.

College Style Training Camp (HOUSING IN NEW A/C SUITES) - July 14-16, 2015 \$225/Commuter \$175

Are you looking to wrestle at the next level? Does your work ethic match your goals? Train with our team and staff in an environment geared for success. Train hard, play hard, but most importantly learn how to win big by scoring points from every position. Experience the Lock Haven Wrestling program first hand by taking advantage of this great opportunity. (Limited to 40 wrestlers)

Prices

- Father-Son Education Camp.....\$175 (Per Family Member)**
- Elementary Instruction.....\$150 (Commuter Only)**
- Specialized Technique.....\$290 (\$235 Commuter)**
- HS Team Competition.....\$325 (\$265 Commuter)**
- Junior High Team Competition.....\$305 (\$235 Commuter)**
- 7 Day Intensive Training.....\$575 (\$425 Commuter)**
- College Style Training.....\$225 (\$175 Commuter)**

**Discounts apply for early registration, contact Head Coach Scott Moore*



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PRIDE • TRADITION • EXCELLENCE

Head Coach Scott Moore

Scott Moore has been with the LHU Wrestling Program for six years, including three as head coach. A two-time All-American, Moore was third at the NCAA championships in 2004 and placed fourth in 2003. He was named Virginia's 2004 Male Athlete of the Year and was a finalist for the 2004 Dan Hodge Trophy, given to the most dominating wrestler in the NCAA. The 2004 ACC champion at UVA, Moore was named the ACC Wrestler of the Year after going 51-1 with 34 pins. At Penn State he was the 2003 Big Ten Champion and NCAA All-American.



Scott Moore
HEAD COACH

Assistant Coach Steve Fittery

Steve Fittery has been with the Bald Eagle Wrestling Program for three years and has already left his mark on the program. Fittery, was a two-time All-American at American University and was named the American University Male Athlete of the Year in 2011. Fittery was the 2011 EIWA Champion and a two-time Midlands Champion. Fittery also competed at Shippensburg, where he was a two-time NCAA Division II National Runner-up. He was named the Shippensburg Freshman-Athlete of the Year in 2007 and the Male-Athlete of the Year in 2008.



Assistant Coach Rob Weikel

The 2015-16 season marks the second for Rob Weikel as an assistant coach with the Bald Eagles. Weikel is a 2001 graduate of LHU, earning a degree in Health and Physical Education. He is also a former Bald Eagle wrestler. For the last 10 seasons, Weikel has served as both a head and assistant coach at nearby Central Mountain High School, where he helped the Wildcats to a 170-27 dual-match record. In 2010, he was named the USA Wrestling National High School Assistant Coach of the year after helping Central Mountain win the 2010 PIAA AAA State Team Title.



Application

Name _____ Age _____ Weight _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Parent's Work Phone _____

Email Address _____ Cell Phone _____

Coach's Name _____ Coach's Phone _____

Grade in September 2016 _____ High School _____

Father-Son Education

OR Elementary Instruction (Commuter Only)

June 24-26, 2016

- Father-Son\$175
- Elementary\$150

High School Team Competition

July 10-13, 2016

- Resident\$325
- Commuter\$265

Specialized Technique

June 23-26, 2016

- Resident\$290
- Commuter\$235

Junior High Team Competition

July 10-13, 2016

- Resident\$305
- Commuter\$235

7 Day Intensive Training

July 10-16, 2016

- Resident\$575
- Commuter\$425

College Style Training

July 14-16, 2016

- Resident\$225
- Commuter\$175

Add \$20 if registering after May 15th

Please mail in applications with payment to:

ATTN: Dawn Snyder-Gill
Durrwachter Alumni Conference Center
Lock Haven University
Lock Haven, PA 17745

For more information, contact:

Head Coach Scott Moore at (570)-484-2805 or at smoore9@lhup.edu
Assistant Coach Steve Fittery at (570)-484-2304 or at scf302@lhup.edu
Dawn Snyder-Gill at (570)-484-2535 or at dms1008@lhup.edu

Visit our camps online at www.GoLHU.com

****All checks payable to Lock Haven University**