



Summer 2010 CAMPS

Four Day Technique Camp - July 7 -11, 2010
10 Day Intensive Challenge - August 1-10, 2010

For more camp information, go online to:
JerseyFreshWrestling.com
 or call us at (609) 896 - 5201

Who We Are

Doug "Jersey Fresh" Umbehauer
 Co-Director



- 2009 NCAA Division I All American - 3rd
- 3x NJ State place winner
- Volunteer Assistant Coach, Rider University
- Head Club Coach, Jersey Fresh Wrestling
- Midlands Tournament Finalist
- High School National Runner Up

John Hangey
 Co-Director



- NCAA Division I All American - 4th
- PA State Champion
- Associate Head Coach, Rider University
- Midlands Tournament Champion

Clinicians

Gary Taylor

Rider University Head Coach

Adam Derengowski

NCAA Division I All-American
 Rider Alumnus

Jason Nase

NCAA Division I All-American
 Rider Alumnus

Nick Harrington

NCAA Qualifier, Conference Champions,
 Rider Alumnus

Nick Catone

UFC Fighter, NCAA Qualifier,
 Conference Champions, Rider Alumnus

The Rider University wrestling team, comprised of multiple state champions, conference champions, and national qualifiers, will also serve as counselors and provide hands on technique and instruction to camp attendees.



Mail-in Registration Form

Name: _____

Address: _____

Phone Number: _____

Email: _____

Camp I am Attending

Four Day Technique Camp - July 7-11, 2010

10 Day Intensive Challenge - Aug 1-10, 2010

Both at 10% Discount

Age: _____ Weight: _____

School: _____

Yrs. of Wrestling Experience: _____

Please Make Check Payable to:

Jersey Fresh Wrestling

Return Form To:

Jersey Fresh Wrestling

2083 Lawrenceville Rd, Lawrenceville, NJ 08648

4 DAY TECHNIQUE CAMP

July 7-11, 2010
(Grades 6-12)

Jersey Fresh Wrestling Technique Camp will include top level instruction from the best clinicians, as well as a week of intense wrestling and "team" competitions.

Register by mail or online at
www.JerseyFreshWrestling.com

Sample Daily Schedule

7:30 am	Breakfast
8:30 am	Technique Session
10:00 am	Open Recreation
12:00 pm	Lunch
1:00 pm	Technique Session
3:30pm	Game Tournament (week long)
5:00 pm	Dinner
7:00 pm	Wrestling Tournament (week long)
9:30 pm	Open Recreation
10:30pm	Room Check
11:00 pm	Lights Out



10 DAY INTENSIVE CHALLENGE

August 1-10, 2010
(Grades 8-12)

Jersey Fresh Wrestling 10 Day Intensive Challenge is designed to teach athletes to push themselves beyond their limits. Each day will be very structured focusing on repetitive drilling, live wrestling, lifting, and running. Emphasis will also be put on developing an effective mental approach to training.

Register by mail or online at
www.JerseyFreshWrestling.com



Sample Daily Schedule

5:45 am	Wake Up
6:00 am	Morning Run
7:15 am	Breakfast
8:45 am	In the Classroom
10:00 am	Live Wrestling Session
12:00 pm	Lunch
1:30 pm	Technique Session
3:00 pm	Live Wrestling Session
5:00 pm	Dinner
7:30 pm	Lifting/Running Session
9:00 pm	Open Recreation
10:30 pm	Room Check
11:00 pm	Lights Out

PRICING INFORMATION

Four Day Technique Camp

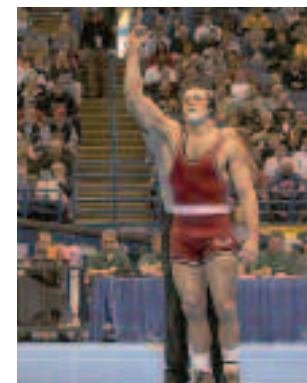
- Overnight \$415.00
- Day Camper \$325.00
- Coach/Parent Rate \$250.00

10-Day Intensive Challenge \$1,050.00

- Coach/Parent Rate \$650.00
- **Overnight Campers Only !**

- 10% Discount off your total cost if you attend BOTH the Four Day Technique Camp and the 10-DAY Intensive Challenge.

Contact us for group reservations
admin@jerseyfreshwrestling.com



For more camp information, go online to:
www.JerseyFreshWrestling.com

JERSEY FRESH
WRESTLING