

# U.S. OLYMPIAN KEN CHERTOW'S WEEKEND WARRIOR CAMP

## West Virginia: West Fairmont HS

1 Loop Park Dr, Fairmont, WV

### November 18 - 19

**Cost:** \$150, \$105 for our Summer 2016 Gold Medal Campers

**CHECK-IN:** Friday, 6 - 6:45 PM **CHECK-OUT:** Saturday, 3 PM  
1-2 day options & pro-rated fees available! Turn this flier over for a schedule.

**Substantial discounts for non-summer campers if registered together by Nov 6:**  
4+ wrestlers = \$25 discount per wrestler || 8+ wrestlers = \$50 discount per wrestler

**PARENTS/COACHES:** You are welcome to video tape, help out, or participate.

Questions can be directed to [CAMP@KenChertow.com](mailto:CAMP@KenChertow.com), or call 814-466-3466.

#### REGISTRATION:

Enroll online at [KenChertow.com](http://KenChertow.com) or  
Send application and payment in full to:  
Gold Medal Wrestling, PO Box 120, Boalsburg, PA 16827

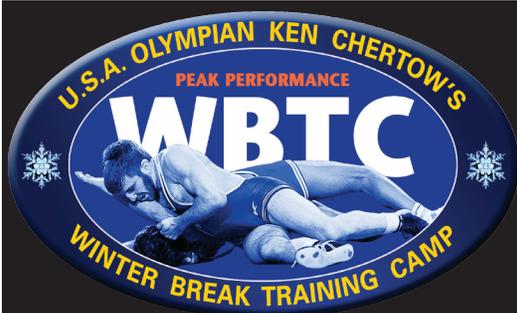
### Weekend Warrior Camps consist of four primary elements:

**Technique Instruction** - In a wide variety of important areas.

**Intense Drilling** - To perfect your set-ups, timing and combinations.

**Live Wrestling** - Champions making Champions!

**Sport Science Discussions** - Covering mental preparation, nutrition, strength training, goal setting, earning a college scholarship and other important topics.



## WINTER BREAK TRAINING CAMP

STATE COLLEGE, PA | DECEMBER 26 - 31

PENN STATE RAMADA INN CONVENTION CENTER

PERFECT TIMING TO PEAK FOR THE HEART OF THE SEASON!

# KENCHERTOW.COM

814-466-3466 • [camps@kenchertow.com](mailto:camps@kenchertow.com)

# Application

Office Use Only

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Phone: (\_\_\_\_) \_\_\_\_\_ Wrestler's Email: \_\_\_\_\_

Age: \_\_\_\_ Weight: \_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

USA Wrestling Member?  Yes  No

School/Club: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Coach: \_\_\_\_\_ Coach's Phone: (\_\_\_\_) \_\_\_\_\_

Coach's Email: \_\_\_\_\_

How did you hear about camp: \_\_\_\_\_

Did you attend our 2016 Summer Camp?  Yes  No

**Add on our Weekend Warrior All-American Package:** a laundry bag, water bottle, AdvoCare Spark packet, Ken's book, and Ken's Original Highlights DVD for \$40 (\$55 value)! Packages will be distributed at check-in.

**Nutrition Package:** 2 packets of Rehydrate, 2 packets of Spark, and 2 bottles of Slam, plus a water bottle, for \$15!

Please charge my credit card in the amount of: \$ \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ V-Code: \_\_\_\_\_

Applications submitted via credit card will be charged in full. There will be a \$7 registration fee charged with each application. We accept Visa, Mastercard and Discover. All sales are final. No monetary refunds. Signature below is authorization for use of credit card.

Check #: \_\_\_\_\_  Cash

We authorize our child or ward to be treated by a licensed physician, EMT, registered nurse, physician's assistant, dentist, or athletic trainer, if necessary, while attending camp. In submitting this entry, we waive, release, and forever discharge Chertow, Ken Wrestling, Inc. t/d/b/a Ken Chertow's Gold Medal Wrestling Camp ("Camp"), HTC, and all camp directors and staff, and the host facility for and from any and all injuries, losses, or other damages suffered by our child or ward or us at this camp, while traveling to and from this camp, or while participating in this camp. We agree to indemnify and hold Camp, and all camp directors and staff, and the host facility, harmless from and against any and all claims or demands, including reasonable attorneys' fees, made by any third party, to include our child or ward, due to or arising out of our child or ward's participation in this camp. We acknowledge that participation in this camp poses risks for our child or ward, and we represent that our child or ward is physically able to participate in this camp, and has trained sufficiently to do so.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Fairmont, WV  
November 18 - 19**

Please check boxes below.

### Weekend Rates:

\$150 (non-2016 Summer Camper)

\$105 (2016 Summer Camper)

**FRIDAY:**  \$80/\$55 **SATURDAY**  \$80/\$55

### Friday

6:00 - 6:45 PM: Check in  
7 - 8:15 PM: Session 1  
8:15 - 9:30 PM: Session 2

### Saturday

9 AM: Check in  
9:30 - 11 AM: Session 3  
11 - 12:30 PM: Session 4  
12:30 - 1:30 PM: Lunch (provided)  
1:30 - 3 PM: Session 5

Please send with payment to  
Gold Medal Wrestling  
P.O. Box 120  
Boalsburg, PA 16827

Or fax to 814-466-3420.



[KenChertowNutrition.com](http://KenChertowNutrition.com)

Visit [wearandgear.com](http://wearandgear.com)  
for all your gear, merchandise  
and instructional DVD needs!

**KenChertow.com | 814-466-3466**