

# KEN CHERTOW'S WEEKEND WARRIOR CAMPS

**Weekend Warrior Camps** are intense, small group camps for the serious wrestler who is determined to become a **champion!**

**Weekend Warrior Camps** are an awesome opportunity to receive the personalized instruction, intense training and timely motivation necessary to reach your highest goals. 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!

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

## **WHEN & WHERE:**

**November 16-18 – Indian Land HS – Fort Mill, SC**

8361 Charlotte Hwy, Fort Mill, SC 29715

**Cost: \$200** includes instruction, food & housing.

Special rate of **\$125** for 2007 Summer Chertow Campers.

*The cost includes 12 hours of instruction & training, as well as your food & housing if needed.*

**FATHERS/COACHES:** You are welcome to video tape, help out and/or participate at no charge. If you want food & housing, the cost is \$50.

**CHECK-IN:** Friday, 6:30 PM – 7:00 PM **CHECK-OUT:** Sunday, 3:00 PM

**LATE CHECK-IN:** Saturday and Sunday. Pro-rated fees are available.

**Bring:** Workout gear, towel, sleeping bag, laundry bag & notebook.

Applications, directions and hotel information for parents can be found on [kenchertow.com](http://kenchertow.com).

If you have other questions, contact us at 814-466-3466

or e-mail [camps@kenchertow.com](mailto:camps@kenchertow.com).

## **GROUP DISCOUNTS**

We offer substantial group discounts for pre-registered non-campers. Please call 814-466-3466 or email [camps@kenchertow.com](mailto:camps@kenchertow.com) for details.

**WEEKEND WARRIOR REGISTRATION:** Send application and payment in full to:

Gold Medal Wrestling, PO Box 120, Boalsburg, PA 16827

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

Application, directions and much more info can be found on [kenchertow.com](http://kenchertow.com).

## **WINTER BREAK GOLD MEDAL TRAINING CAMP**

**State College Ramada Inn - December 26-31, 2007**

**Perfect Timing to Peak for the Heart of the Season!**

*Mark your calendar and contact us immediately to receive details and application.*



# The NEWEST installment of Ken's Coaches Clinic, Volume 3!

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