

## 2013 Newberry Wrestling Camp

**Select a Camp:** Check in times from 3-4 p.m.  
Check out at 11 a.m.

### June 23-26

#### Competition Camp

12-15 dual matches, plus 45 minutes of instruction per session (8-10 sessions).

**\$275 (Commuter: \$195)**

☐

### July 7-13

#### Intensive Camp

Four total sessions per day, comprised of: early morning intensive sessions, two technical sessions and a live wrestling session.

**\$375 (Commuter: \$295)**

☐

### July 7-10

#### Technique Camp

Three total sessions per day, comprised of: two instructional sessions and one live wrestling session.

**\$325 (Commuter: \$205)**

☐

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

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

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

**Email:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

**Emergency Phone Number:** \_\_\_\_\_

**Current School:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Weight:** \_\_\_\_\_

**Roommate Preference (if any):** \_\_\_\_\_

**CREDIT CARDS ARE ACCEPTED  
AT THREE-PERCENT RATE**

**Phone:** 803.321.5659

**Fax:** 803.321.5169

**Email:** jason.valek@newberry.edu

**Web:** ValekWrestling.com

Newberry Wrestling Camp

2100 College Street

Newberry, S.C. 29108

### WAIVER STATEMENTS

All participants in Jason Valek's 2013 Newberry Wrestling Camp, must have their own medical coverage. The camp provides additional coverage only after the camper's insurance policy has been utilized. Campers will not be allowed to participate in camp activities unless the following information is submitted and is signed by the parent and/or guardian of the camper.

**Camper's Insurance Company:** \_\_\_\_\_

**Company Address/Phone:** \_\_\_\_\_

**Policy Number/ID:** \_\_\_\_\_

I/We, the undersigned, hereby certify that I am/we are the parent(s) or legal guardian(s) of the camper. I hereby grant permission to Jason Valek's Newberry Wrestling Camp staffers to seek and allow appropriate medical attention to be administered to my camper in the event of an injury, accident or illness. I am responsible for all expenses pertaining to medical attention and treatment, except for expenses covered by Jason Valek's Newberry Wrestling Camp's additional medical coverage policy.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

This certifies that the camper named above is physically qualified to attend Jason Valek's Newberry Wrestling Camp.



**Jason Valek's**  
2013 Newberry Wrestling Camp

**June 23-26**  
**Competition Camp**

**July 7-13**  
**Intensive Camp**

**July 7-10**  
**Technique Camp**



## DIRECTIONS

### **Traveling West on Interstate-26 (from Columbia):**

Exit the Interstate at exit 76 and turn left onto S.C. Highway 219. Go straight for 4.6 miles and turn right on College Street. The college will be on the right in 0.7 miles.

### **Traveling East on Interstate-26 (from Greenville):**

Exit the Interstate at exit 76 and turn right onto S.C. Highway 219. Go straight for 4.6 miles and turn right on College Street. The college will be on the right in 0.7 miles.

## WHAT TO BRING?

- towels, linen/sleeping bag, pillow
- toiletry bag (i.e. soap, shampoo, toothbrush, etc.)
- three sets of workout clothes per day- wrestling shoes, headgear, and running shoes
- bathing suit
- spending money (i.e. snacks, drinks, apparel)

## Newberry Wrestling Camp Itinerary

6:00 - 6:15 a.m.	Intensive Commuter Drop-off
6:30 - 7:15 a.m.	Intensive Campers Workout
7:15 - 8:15 a.m.	Breakfast
8:15 - 8:30 a.m.	Commuter Drop-off
9:00 - 11:00 a.m.	Wrestling Session I
11:30 - 12:30 p.m.	Lunch
1:00 - 2:00 p.m.	Swimming Pool
2:30 - 4:30 p.m.	Wrestling Session II
5:00 - 6:00 p.m.	Dinner
6:30 - 8:00 p.m.	Wrestling Session III
8:00 - 8:30 p.m.	Commuter Pick-Up
8:30 - 10:30 p.m.	Movie/Free Time
10:30 p.m.	All Campers in Room

## **Camp Director**

**Head Coach:** Jason Valek  
**Phone:** 803.321.5659  
**Fax:** 803.321.5169  
**Email:** Jason.Valek@newberry.edu  
**Web:** ValekWrestling.com

Newberry Wrestling Camp  
2100 College Street  
Newberry, S.C. 29108

## STAFF

### Jason Valek

#### **(Head Wrestling Coach, Newberry College)**

In eight years, Valek has led Newberry to five straight NCAA Super Region I Championships and five straight Top 8 national finishes. Valek's teams are two-time NWCA National Duals runner-ups. Valek has produced 26 All-Americans, 47 national qualifiers, three NCAA National Champions, two national runner-ups and an NWCA National Champion.

### Kelly Revells

#### **(Head Assistant Coach, Newberry College)**

The Summerville native is in his eighth season as an assistant with Newberry College. Revells was a two-time state champion at Summerville HS, before winning the 1997 Junior College National Championship at 133 pounds, while at Lassen Community College. As a member of the Eastern Illinois wrestling team, Revells was a two-time NCAA Division I national qualifier.

### Bryant Blanton

#### **(Assistant Coach, Newberry College)**

Now in his first year as an assistant coach at Newberry, Blanton was a three-time Division II All-American as a wrestler at Newberry. In 2010, Blanton was the Division II National Champion at 184 pounds, compiling a record of 41-8. Blanton has two of Newberry's three 40-plus win seasons and holds the three top spots for most pins in a season.

### Eric Pack

#### **(Assistant Coach, Newberry College)**

Former California Junior College All-American at Bakersfield and Anderson College wrestler.

### Chris Bono

#### **(Head Wrestling Coach, South Dakota State)**

Bono is in his first year as head wrestling coach at SDSU after three seasons as head coach at Tennessee at Chattanooga. At UTC, Bono's squad won three Southern Conference titles, while two individuals earned All-American honors and 19 were NCAA qualifiers. Prior to becoming a head coach, Bono was an assistant at Iowa State.

### Pete Yates

#### **(Division I Wrestler, Virginia Tech)**

Yates was a 2012 NCAA All-American for the Hokies, and is a three-time NCAA qualifier. Yates is the sixth wrestler in Virginia Tech history to reach 100 wins. He was the ACC Champion at 165 pounds in 2012.

### Devin Carter

#### **(Division I Wrestler, Virginia Tech)**

A 2012 NCAA All-American, Carter is a two-time NCAA qualifier and two-time ACC Champion at 133 pounds. Carter was the 2011 ACC Co-Rookie of the Year.

### Andrew Young

#### **(Assistant Coach, Summerville High School)**

Two-time D-II All-American, three-time state champion at Summerville HS. Former Newberry College Wrestler and currently an assistant coach at Summerville HS.

### Newberry College Wrestlers

Including: Two-time national runner-up and 2012 Super Region I champion B. J. Young, 2012 All-American Taylor Knapp, junior college national champion Jeff Vesta and D2Wrestle.com December 12 Wrestler of the Week Blake Ridenour.



## CAMP PHILOSOPHY

The Newberry College wrestling staff is dedicated to assisting youth wrestlers in their quest to improve their wrestling knowledge and skill. The camp will focus on the fundamentals of wrestling from all positions with a primary focus on technique, mat strategy, mental awareness, healthy weight management, work ethic and life skills. Question and answer opportunities with counselors will be available for campers in order to assist in their development. Our camper-to-staff ration was **7:1 last year**, which helped provide the individual attention needed to improve wrestling skills.

Choose from our **Competition Camp** or **Technique Camp**. For future collegiate wrestlers, we offer an **Intensive Camp**.

