

APEX YOUTH WRESTLING / PITTSFORD YOUTH LACROSSE DAY CAMP - JULY 25th-28th

Attend 1 or BOTH for a full day of Sport Related Skills, Drills, and Games

Apex Wrestling Camp Staff

Keith Pittinaro, Physical Education Teacher at Sutherland HS, Coach Pittsford Central Schools, 2x Section V Champion, NYS Place-Winner.

E: Keith_pittinaro@pittsford.monroe.edu

Matt Nentarz, Elementary Physical Education Teacher at Spencerport Central Schools, Sectional Finalist, All-County, All-League.

- Exemplary Apex Alumni will assist in instruction & supervision

Camp Goals:

- ▲ Teach & reinforce the basic skills and fundamentals of wrestling while gradually progressing into higher levels of technique
- ▲ Encourage self-confidence and a positive attitude towards the sport of wrestling
- ▲ Stress strategies & techniques that have been proven to be successful for all wrestlers
- ▲ Promote fun in a physical setting while focusing on learning

Location: Calkins Rd MS Gym, 1899 Calkins Rd. 14534

Eligibility: All students entering Grades 1-7 for the 2011-12 school yr.
**** No experience necessary****

Groupings: Wrestlers will be grouped by age & ability level.

Time: 8:30 am - 11:30 am

Cost: \$75, includes a T-shirt

****Register online at www.apexwrestling.net****

What to Bring: Sneakers, t-shirt, & shorts. Wrestling shoes are recommended. but not required.

Pittsford Lacrosse Camp Staff

Andrew Whipple, Pittsford Varsity Lacrosse Coach, Section Five all-time leading scorer, 3X All-American University of Maryland.

E: Andrew_Whipple@pittsford.monroe.edu

- Current College Division 1, 2 and 3 lacrosse players will be assisting throughout the week

Camp Goals:

- ▲ Teach rules and concepts of lacrosse
- ▲ Develop basic skills for new players and advance skills for the more experienced players
- ▲ Stick skills, dodging, shooting, ground ball and stick protection drills
- ▲ Play Games

Location: Calkins Rd MS Fields, 1899 Calkins Rd. 14534

Eligibility: All students entering Grades 1-7 for the 2011-12 school yr.
**** No experience necessary****

Groupings: Lacrosse players will be grouped by age & ability level.

Time: 12:00 pm-3:00 pm

Cost: \$75

****Register online at www.pittsfordlacrosse.org****

What to Bring: Lacrosse Stick, Gloves, Helmet, Mouth Guard, Arm Pads, and Shoulder Pads. *Some equipment will be available, please email if needed**

Parents please note that both camps are an option for your son.

Should they choose the option to attend both camps, instruction will take place from 8:30-3pm with a 30 minute break for lunch.

NYS Certified Teachers will be instructing and supervising your child throughout the day providing them with sport specific instruction and meaningful game experiences.

The Wrestling & Lacrosse programs are excited about providing this option to our students.

****Family Discounts: ADD ANY NUMBER OF SIBLINGS FOR A FLAT RATE OF \$50 TOTAL****

Camp Options:

Register at: www.apexwrestling.net or

Register at: www.pittsfordlacrosse.org or

Make Check Payable to: APEX WRESTLING

Send to: 20 Hopper Hills Way – Mendon, NY 14506

****Apex Youth Wrestling Camp-\$75**

For any questions: Jason Bovenzi – C: 802-5799

Make Check Payable to: PCLI

Send to: 6 Charter Oaks – Pittsford, NY 14534

****Pittsford Youth Lacrosse Camp-\$75**

For any questions: Andrew Whipple - E: Awhip1@hotmail.com

Athlete Name: _____ Parent or Guardian: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone Number: _____ Cell Number _____
 Birth date: _____ Age: _____ Grade: _____ School: _____
 Shirt Size: Youth: S M L Adult: S M L XL 2XL Weight: _____ Yrs. Experience: _____
 Person to notify in case of emergency: _____ Phone # _____
 Allergies/Medications: _____ Insurance Provider: _____ Policy # _____
 Parents Email Address: _____

*Neither Pittsford Lacrosse or Apex Wrestling nor their staffs assume responsibility for accidents or medical expenses incurred as a result of participation. All athletes must assume responsibility for any medical expenses incurred. I have adequate medical coverage and insurance and give my child permission to attend the Apex Wrestling Youth Camp and or Pittsford Youth Lacrosse Camp and I agree to indemnify Apex Wrestling and Pittsford Lacrosse and its employees for any claim which may hereafter be presented by my child as a result of any such injuries.

Parent/Guardian's Signature: _____ Date: _____

Check # _____ Amount \$ _____ Cash \$ _____