

APEX YOUTH CAMP

- Apex Wrestling Club Presents the Apex Youth Camp. This camp is designed to provide top notch instruction at a reasonable price.
- Philosophy: The camps philosophy is to teach and reinforce the basic skills and fundamentals of wrestling while gradually progressing into higher levels of technique
- Opportunity: You will receive instruction from former high school and collegiate champions. Don't miss the chance to learn from this elite group.
- There is a limited enrollment. The first 75 to register will be guaranteed admission, so don't hesitate. The camp is open to wrestlers entering grades 2-7. Campers will be separated by age, weight, and experience.
- This one week camp will stress strategies and techniques that have been proven to be successful for all wrestlers. You will learn how to prepare and train from former All-Americans, State and Sectional Place-winners.
- The cost is \$80 for 1 week of instruction. All individuals must send in the registration form with a \$50 non-refundable deposit. Since there will be only a limited number of campers, your \$50 will be returned if you are not accepted. If you paid in full and for some unforeseen reason you cannot attend, please contact us no later than one week prior to the start of your camp and a refund minus the deposit will be returned.
- Available each day immediately following the Apex Youth Wrestling Camp is the Pittsford Youth Football Camp at Calkins Road Middle School. Register for both for a full day of activity for your child.



LOCATION

Calkins Road Middle School
1899 Calkins Road
Pittsford, NY 14534

- **All Youth Sessions will take place from 8:30am-11:30am in the Calkins Road Middle School Gym**
- All Campers will be provided with a T-shirt.
- For those transitioning directly to the football camp, a time for lunch will be provided. Please send your child with food and beverage.

YOUTH CAMP TYPICAL DAY

Each day includes:

- *1 Technique Session* (total: approximately 1 ½ -2 hours of instruction)
- *1 Recreation Session where wrestlers will be able to participate in wrestling related games and/or live wrestling.*

YOUTH CAMP DIRECTORS:

- Keith Pittinaro-Pittsford Varsity Assistant Wrestling Coach
Email: keith_pittinaro@pittsford.monroe.edu
- Matt Nentarz-Spencerport Modified Wrestling Coach
-Email: mjnentarz@hotmail.com

CLINICIANS INCLUDE:

Keith Pittinaro, Cortland State Physical Education Teacher
Pittsford Central School

- Assistant Coach-Pittsford
- 2x Section V Champion
- NYS Place-winner

Ron Serrano, Cortland State Physical Education Teacher
Massapequa HS (Long Island)

- Assistant Coach-Massapequa HS
- 3x Academic All-American
- Section VIII Champion
- NYS Place-winner.

Matt Nentarz, Physical Education Teacher
Spencerport Central Schools
Modified Wrestling Coach
Spencerport Central Schools

- Sectional finalist
- All-County
- All-League

***To Register On-Line
Visit:***

www.apexwrestling.net

NAME:		Wrestling Experience:	
ADDRESS:			
CITY:	STATE:	ZIP:	
HOME PHONE:	EMAIL:		
GRADE:	SCHOOL:		
T-SHIRT SIZE: Youth-S-M-L Adult: S-M-L-XL-2XL		WEIGHT:	
PARENT/GUARDIAN SIGNATURE:			



Apex Wrestling Camp

Deadline for registration is July 16th

- **Upon receiving your deposit and registration, you will receive a packet containing directions, insurance information, waivers and other pertinent information.**

For more information, please call Jason Bovenzi at 585-267-3816 or 585-802-5799, or send email to:

jason_bovenzi@pittsford.monroe.edu.

Send Check or Money order to:

Apex Wrestling Club
20 Hopper Hills Way
Mendon, NY 14506

Please make checks out to:

Apex Wrestling Club

**APEX WRESTLING CLUB
PRESENTS THE SEVENTH
ANNUAL**

**APEX WRESTLING
COMMUTER CAMP**



**July 26-July 29
2010**

Youth Camp

Go to:

www.apexwrestling.net

**Calkins Road Middle School
1899 Calkins Road
Pittsford NY 14534**