

## Apex Youth Camp Staff

**Keith Pittinaro**, Physical Education Teacher  
at Thornell Rd. Elementary

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

E: [Keith\\_pittinaro@pittsford.monroe.edu](mailto:Keith_pittinaro@pittsford.monroe.edu)

**Matt Nentarz**, Physical Education Teacher at  
Spencerport Central Schools

- Sectional Finalist
- All-County
- All-League

**Exemplary Pittsford Alumni will also  
assist in instruction and supervision.**

# Apex Youth Wrestling Camp

**July 26<sup>th</sup> – 29<sup>th</sup> 2010**  
**Students Entering Grades 2-7**

Register On-Line At: [www.ApexWrestling.net](http://www.ApexWrestling.net)  
Registration is due July 21st



## Camp Information

### Location:

Calkins Road MS Gym  
1899 Calkins Road 14534

**Eligibility:** All students  
entering Grades 2-7 for  
the 2010-11 school year.  
No experience necessary.

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

**When:** July 26<sup>th</sup> -July 29<sup>th</sup>  
**Time:** 8:30 am-11:30 am.  
**Cost:** \$80, includes a T-  
shirt

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

## Contact Information

Jason Bovenzi: (585) 802-5799

E: [Jason\\_bovenzi@pittsford.monroe.edu](mailto:Jason_bovenzi@pittsford.monroe.edu)

## 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.

## 2 Camps in 1 Day

Pittsford Pride Football Camp is offered directly after, from 12pm-3pm at Calkins Road. Sign your child up for a ½ day of Wrestling, a ½ day of Football for a FULL day of Camp. Go to: [www.PittsfordFootball.com](http://www.PittsfordFootball.com) for further details on the football camp.

## REGISTRATION FORM

Please Print & Mail to: 20 Hopper Hills Way, Mendon NY 14506. Checks Payable to: Apex Wrestling Club or register online at [www.ApexWrestling.net](http://www.ApexWrestling.net)

Child's Name: \_\_\_\_\_ Parent or Guardian: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

Birth date/Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Shirt Size: \_\_\_\_\_ School: \_\_\_\_\_

Person to notify in case of emergency: \_\_\_\_\_ Phone # \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Phone # \_\_\_\_\_

Allergies/Medications: \_\_\_\_\_

Insurance Provider: \_\_\_\_\_ Policy # \_\_\_\_\_

*Neither Apex Wrestling nor the staff of the Apex Wrestling Youth Camp assumes 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 son/daughter permission to attend the Apex Wrestling Youth Camp and I agree to indemnify Apex Wrestling 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