

BOWERHOUSE PRESENTS

FOR 3 DAYS - JUNE 23-25

INTENSE TRAINING, COACHING AND INDOCTRINATION INTO THE WAY OF LIFE FOR A WRESTLING CHAMPION.

“WRESTLING IS A LIFESTYLE.”
-CHRIS BOWER

-CAMP DIRECTOR, OWNER OF BOWERHOUSE ACADEMY, HEAD WRESTLING COACH AND BRAZILIAN JIU-JITSU BLACK BELT



SEMINAR IS FOR ATHLETES AND STUDENTS OF WRESTLING WITH AT LEAST ONE SEASON OF WRESTLING CLASSES AND COMPETITION.

DAY 1: MITCHELL PORT

DAY 2: MARK HALL

DAY 3: KEVIN JACK

OTHER GUEST CLINICIANS:

STEVE FITTERY & DAVID TERAQ

3 DAY PASS: \$175

EARLY BIRD \$150(ON OR BEFORE JUNE 15TH)

ON FACEBOOK: BOWERHOUSE ACADEMY
WWW.BOWERHOUSEACADEMY.COM
7311 GROVE ROAD SUITE D, FREDERICK, MD 21704
301-401-7049

DAILY SCHEDULE

SESSION 1:

9AM -11AM - AGES 8-18

SESSION 2:

12PM - 2PM - AGES 8-18

SESSION 1

DROP-OFF BEGINS AT 08:30AM
PICKUP 11:00AM

SESSION 2

DROP-OFF BEGINS AT 11:30AM
PICKUP 2:00PM

WHEN YOU'RE NOT WORKING,
YOUR OPPONENT IS!

ONLINE REGISTRATION (CLICK HERE)

DRIVING DIRECTIONS: BOWERHOUSE ACADEMY, 7311 GROVE ROAD FREDERICK, MD 21704

NORTH OF FREDERICK: TAKE US 15 SOUTH CONTINUING ONTO I-270 SOUTH. TAKE EXIT 31A FOR MD-85N. CONTINUE 0.5 MILE ON MD-85N/BUCKEYSTOWN PIKE THEN MAKE A LEFT AT WAFFLE HOUSE ONTO GROVE RD. MAKE A LEFT AT STOP SIGN. DRIVE STRAIGHT UP SMALL HILL AND TAKE A RIGHT DRIVING DOWN THE BACKSIDE OF WAREHOUSE AND LOADING DOCKS. ACADEMY IS “7311-D” JUST PAST LARGE GENERATOR INSIDE CHAINLINK FENCE.

SOUTH OF FREDERICK: FOLLOW I-270N TO EXIT 31A FOR MD-85N. CONTINUE 0.5 MILE ON MD-85N/BUCKEYSTOWN PIKE THEN MAKE A LEFT AT WAFFLE HOUSE ONTO GROVE RD. MAKE A LEFT AT STOP SIGN. DRIVE STRAIGHT UP SMALL HILL AND TAKE A RIGHT DRIVING DOWN THE BACKSIDE OF WAREHOUSE AND LOADING DOCKS. ACADEMY IS “7311-D” JUST PAST LARGE GENERATOR INSIDE CHAINLINK FENCE.



BOWERHOUSE WRESTLING TECHNIQUE CAMP

FEATURING CHAMPIONS

FROM AROUND THE COUNTRY

WITH

MITCHELL PORT - ASST. COACH EDINBORO

MARK HALL - PENN STATE

KEVIN JACK - NORTH CAROLINA STATE

ASSISTING

STEVE FITTERY - FITS WRESTLING ACADEMY

DAVID TERAQ - AMERICAN UNIVERSITY

WHAT WILL YOU LEARN
FROM THESE CHAMPIONS?

MITCHELL PORT
ASSISTANT COACH EDINBORO UNIV.



MITCHELL PORT
WRESTLED AT
EDINBORO
UNIVERSITY
AND IS A 3X
NCAA ALL-
AMERICAN AND
2X EWL
CHAMPION WHO
HAS A 132-17
CAREER
RECORD...THREE

TIME NATIONAL QUALIFIER...RANKS 8TH
IN CAREER VICTORIES AND IS FIFTH IN
CAREER WINNING PERCENTAGE(.865)...
TWO-TIME EWL WRESTLER OF THE
YEAR(2013 AND 2014) AND 2013
PSAC WRESTLER OF THE YEAR...HAS
WON THREE PSAC CHAMPIONSHIPS.
PA STATE CHAMPION. CURRENTLY
EDINBORO ASSISTANT COACH.

MARK HALL
SOPHOMORE
PENNSYLVANIA STATE



MARK HALL IS THE WINNER OF
THE 2016 DAVE SCHULTZ HIGH
SCHOOL EXCELLENCE AWARD.
FIRST EVER MINNESOTA STATE
HIGH SCHOOL 6X CHAMPION.
277-4 HIGH SCHOOL CAREER
WITH 171 CONSECUTIVE WINS
AND 189 CAREER PINS. THE
ONLY WRESTLER EVER TO WIN
12 COMBINED INDIVIDUAL AND
TEAM STATE TITLES. 2X USA
WRESTLING JUNIOR NATIONAL
CHAMPION, 2016 UWW/
JUNIOR FREESTYLE
OUTSTANDING WRESTLER
AWARD, ADVANCED TO
QUARTERFINALS IN 74KG
OLYMPIC TRIALS FOR 2016
U.S. OLYMPIC TEAM.

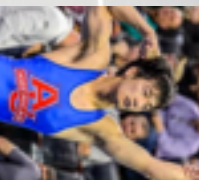
KEVIN JACK
JUNIOR
NORTH CAROLINA STATE



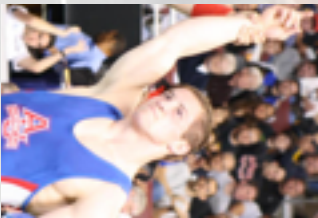
KEVIN JACK IS A ALL-AMERICAN
JUNIOR AT NCST . HE
WRESTLES AT 141 LBS.
2015 2X NCAA QUALIFIER
2015,2016 AND
ACC CHAMPION IN 2016

DAVID TERAQ
2016 ALL-AMERICAN 4X

DAVID TERAQ HOLDS MOST WINS (39)
IN A SEASON FOR
AMERICAN
UNIVERSITY,
2016 FAN
FAVORITE AT
NCAA
CHAMPIONSHIPS.
VOLUNTEER
ASSISTANT
COACH AT
AMERICAN



STEVE FITTERY
FOUNDER FITS WRESTLING ACADEMY



STEVE FITTERY IS
THE FORMER
ASSISTANT COACH
AT LOCK HAVEN
UNIVERSITY AS
WELL AS MARYLAND
UNIV. AND
AMERICAN UNIV.
4X NCAA ALL-
AMERICAN,
2X NCAA DIVISION
2 RUNNER-UP,
4X ACADEMIC ALL-
AMERICAN

REGISTRATION

FOR INFORMATION: Chris Bower at 412-310-0837
or info@bowerhouseacademy.com. Mail this registration
form with check or scan and email [complete Registration](#)
to above contact and mail check separately or online at
www.bowerhouseacademy.com/wrestlingcamp

COST: Earlybird discount \$150 on or before June 15th,
includes T-Shirt, \$175 after and no guarantee of T-Shirt.
Checks payable to: Bowerhouse Academy 7311 Grove Rd,
Suite D, Frederick, MD 21704.

No fee for coaches or spectators.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Weight: _____

T-Shirt: Child: S M L Adult: S M L XL
email: _____

please print legibly

Parent Consent & Waiver of Liability: Seminar Member
and/or guest using the equipment and facilities do so at his/her
own risk. Bowerhouse Academy shall not be liable for any
damages arising from personal injuries or sustained by member,
trainer or guest in, on or about the premises of the club. Member
assumes full responsibility for any injuries or damages and does
hereby and forever release and discharge the club, its owners,
employees and agents for all claims, demands, damages, rights
or causes of action, present or future, anticipated or
unanticipated, resulting from or arises out of the member's and/
or guest's use or intended use of the facilities and equipment.

Signature if Wrestler is over 18 years of age _____ Date _____

Printed Name of Parent/Guardian _____

Signature of Parent/Guardian _____ Date _____

**STOP BY FOR A SAMPLE
LEAVE WITH A HUNGER!**

