

Ken Chertow's Gold Medal Training Camp System

Hard Work Makes Dreams Come True!



State College, PA • July 16 - 29

How to enroll:

Visit KenChertow.com & click Online Application
or fill out this application and mail it to
PO Box 120, Boalsburg, PA 16827, fax it to 814-466-3420 or
Scan and E-mail to Camps@KenChertow.com.

Raise funds for camp with [AdvoCare](#).
Improve health and earn extra income for your team
and family. Learn more at KenChertowNutrition.com!



CAMPS FOR TEENS

SUPER GOLD MEDAL TRAINING CAMP:

10-day to multi-week options for dedicated wrestlers.

We provide world-class technical instruction, intensive drilling, systematic review sessions, daily live wrestling and sports science seminars. You will learn and retain critical techniques, while developing the concentration, intensity, and commitment required to become a champion. We can customize the curriculum to fit your needs. For wrestlers looking to make a serious commitment to excel, there is no better choice than our Super Gold Medal Training Camp.

E-mail supergold@kenchertow.com to learn more.

GOLD MEDAL TRAINING CAMP:

Grades 7 - 12

4 to 6 day camp options: A unique blend of technical instruction, intense drilling, live wrestling and review.

TEAM CAMP:

Grades 7 - 12

4 -14 day camp options: Specifically designed for wrestlers seeking the ideal team camp experience.

CAMPS FOR YOUTH

KIDS TRAINING CAMP:

Grades 3 - 7

4 to 6 day options: A variation of the Gold Medal Training Camp.

FUTURE CHAMPIONS:

Grades 1 - 3

4 day camp option for wrestlers with varying degrees of skill, experience, and attention span.



*Small Group,
Personalized Instruction*

Our Youth Camps ensure that wrestlers have a positive experience in a **closely-supervised environment**. Parents are welcome to attend all camp sessions free. Housing and meals for parents can be arranged.

PARENT/CHILD CAMP OPTION: Learn together in a world class wrestling environment! We encourage you to attend sessions, take notes, record the instructional presentations, and/or assist your wrestler.

CUSTOMIZED TEAM TRAINING & COMPETITION

Gold Medal Team Camp offers your athletes an entire daily session dedicated to live wrestling, intense drilling and serious training. Instead of wrestling a short match and then sitting around for the duration of the session like most team camps, each camper is provided with continuous wrestling with multiple partners. By forgoing the typical dual meet format, we give our campers the opportunity to wrestle numerous matches of varying lengths while also including live situations.

COACHES: SAVE MONEY WITH OUR GROUP DISCOUNTS!

We welcome coaches and parents to attend all camp sessions FREE; housing and meals are also available at a reduced rate. We offer opportunities for coaches and team leaders to receive complimentary food and housing if they stay at camp with their wrestlers. Contact our office now for early enrollment and group discount information.

Coaches who organize groups to attend camp together may qualify to receive the following:
[AdvoCare Products](#), [Instructional DVDs](#), and our [Training Tips & Super Gold Camp Notebooks](#)!

Local teams that provide mats for camp will receive *significant discounts* that can be combined with our group discounts.

EARLY ENROLLMENT GROUP DISCOUNTS

Groups can be a combination of all ages!

Groups of 8 or more: \$50 off each camper, or free room & board for 1 coach

Groups of 12 or more: \$75 off each camper, or free room & board for 2 coaches

Groups must apply together either online or by sending all applications in the same packet.

Contact us at 814-466-3466 or camps@kenchertow.com for group discount details for your team.

KENCHERTOW.COM • CAMPS@KENCHERTOW.COM • 814.466.3466



APPLICATION

OFFICE USE ONLY

Wrestler _____ Wrestler's E-mail _____ Male/Female _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone (_____) _____ - _____ Cell Phone (_____) _____ - _____
 Grade Entering _____ Age _____ Weight _____ Birth Date ____/____/____ Years Experience _____
 School _____ Coach's Name _____ Coach's E-mail _____
 Parent Name _____ Parent's E-mail (Required) _____

Commuter (\$75 discount) Resident/Roommate Preference(s) _____

Nutrition Package: 2 packets of Rehydrate, 2 packets of Spark, and 2 bottles of Slam, plus a water bottle, for \$15!
 Scholar-Athlete Package: Coach Chertow's 160-page book, Technique Notebook, 2-hour Highlight DVD #5, and Laundry Bag for \$50!
We strongly recommend you add on one or both packages for your wrestler. Packages will be distributed at check-in. You must include your payment with this application and enroll at least 3 weeks prior to camp to receive this deal!

Additional Lodging Options

- Parent/Son Option: Room and board with your son and another father/son pair for \$350. Please provide an additional \$100 deposit.
- Female: We welcome female wrestlers at all camp locations.
- Private Room: To reserve a hotel room, include a \$80 deposit & indicate which nights. _____
- Wrestler to be housed with other campers.
- Wrestler staying in room with parents.
- Meals for parent(s): Breakfasts Lunches Dinners
 Contact our office for meal package pricing: 814-466-3466.

Signature below is authorization for use of credit card and agreement to the refund policy which can be found on kenchertow.com.
 All sales are final. No monetary refunds.

Please Select Payment Amount: \$100 Deposit (required) Pay In Full Other Amount: _____

Please Select Payment Type: Check #: _____ Cash Credit Card

WE ACCEPT VISA/MC/DISCOVER CHARGE CARDS FOR DVDS, WEAR AND GEAR, AND CAMP ENROLLMENT.
 NO CHARGE CARDS OR PERSONAL CHECKS ACCEPTED AT CHECK-IN, CASH OR MONEY ORDER ONLY.

VISA Master Card Discover Card Number: _____ Expiration: _____ 3 Digit V-Code _____

We authorize our child or ward to be treated by a licensed physician, EMT, dentist, physicians assistant, registered nurse, or athletic trainer, if necessary, while attending camp. In submitting this entry, we waive, release, and forever discharge Chertow, Ken Wrestling, Inc. t/d/b/a Ken Chertow's Gold Medal Wrestling Camp ("Camp"), and all camp directors and staff, and the host facility for and from any and all injuries, losses, or other damages suffered by our child or ward or us at this camp, while traveling to and from this camp, or while participating in this camp. We agree to indemnify and hold Camp, and all camp directors and staff, and the host facility, harmless from and against any and all claims or demands, including reasonable attorneys' fees, made by any third party, to include our child or ward, due to or arising out of our child or ward's participation in this camp. We acknowledge that participation in this camp poses risks for our child or ward, and we represent that our child or ward is physically able to participate in this camp, and has trained sufficiently to do so.

Signature of Parent or Guardian _____ Insurance Co. _____ Policy # _____

- ### Super Gold Medal Camp Options
- Super Gold(MA - PA)7/09 - 7/29 (\$2435)
 - Super Gold(MA - PA)7/09 - 7/22 (\$1560)
 - Super Gold 7/16 - 7/29 (\$1560)
 - Super Gold 7/16 - 7/25 (\$1060)

We provide safe, free transportation between locations.

- ### Week 1
- 6-Day Gold Medal 7/16 - 7/21 (\$635)
 - 6-Day Kids Training 7/16 - 7/21 (\$635)
 - Technique 7/16 - 7/19 (\$435)
 - Future Champions 7/16 - 7/19 (\$365)

- ### Week 2
- 6-Day Gold Medal 7/22 - 7/27 (\$635)
 - 5-Day Kids Training 7/22 - 7/26 (\$535)
 - Technique 7/22 - 7/25 (\$435)
 - Future Champions 7/22 - 7/25 (\$365)

TO APPLY:
 Send this application with a \$100 non-refundable deposit by check or money order payable to:
Gold Medal Training Camp PO Box 120, Boalsburg, PA 16827
 Save time and a stamp! Enroll online at KenChertow.com.

REMEMBER TO:

- Check your camp option on this application
- Have the application signed by a Parent or Guardian
- Make your check payable to Gold Medal Training Camp

• Your balance is due at check-in, which is 12-2:30 PM on your first day of camp. Check-out on the last day is at 11 AM.

• We will send you an e-mail with a list of what to bring, directions, and more information.