

WAIVER FORM RELEASE FOR MEDICAL TREATMENT

Please complete this application carefully and fill out all of the information. Your admittance to the camp may be delayed if the information is incomplete.

Name: _____

Date of Birth: _____ Sex: _____ Age: _____

Health History: Please list ANY allergies, disease, medications, special needs, restrictions and/or limitations. Please include a separate sheet if you need more space.

List date(s) of immunization against the following:

- _____ Diphtheria
_____ Haemophilus Influenza Type B
_____ Measles
_____ Mumps
_____ Poliomyelittis
_____ Rubella
_____ Tetanus
_____ Varicella

Family Physician's Name: _____

Physician's Phone Numbers: _____ (Day) _____ (Evening)

Parent/Guardian Health Insurance Company: _____

Policy Number: _____

Address: _____

Parent/Guardian Authorization:

This health history is correct to the best of my knowledge, and the person herein as described has permission to participate in all camp activities except as listed above. In the event that I can not be reached in an emergency, I hereby give permission to the physician selected by the camp director to hospitalize, secure proper treatment for and order injection, anesthesia, or surgery for my child as named above.

My son/daughter has had a physical recently and may participate in all activities at the UB Camp. I give permission for my son/daughter to be treated by a certified athletic trainer or licensed physician. I further agree that the UB Camp staff should be held harmless from and indemnified against any and all liability, cost claims, loss or damage which it or they may incur as a result of an accident or injury to my child.

Parent/Guardian Signature (Required) _____

Date _____

EMT AND CERTIFIED ATHLETIC TRAINERS WILL BE AVAILABLE AT ALL TIMES



TEAM COMPETITION CAMP

July 5-9 • Residents - \$350 • Commuters - \$260

The Team Competition Camp will be broken down into three daily sessions of wrestling, drilling and instruction. In each session, teams will wrestle a dual meet against another team and then receive technical instruction from their team/clinician. This provides a tremendous opportunity to participants to not only improve on their weaknesses, but to work on their strengths as well. Throughout the week, athletes will be participating for individual titles and team iron-man competitions. Individual awards handed out include top three placers in the following iron-man events: Mile Run, Pull-Ups, Push-Ups and Sit-Ups. A camp MVP will also be selected by the coaching staff based on the performance during the entire week of camp. There is a guarantee of at least 11 dual meets plus one takedown tournament for each team over the five-day span of the team camp.

Athletes can register as a team or as individuals. Groups that register as a team will compete as a team. Individuals who register for the team competition camp will be assigned to a team. If your team is registered with less than 12, we will assign unattached wrestlers to your team to fill in the missing gaps (weight classes). If a team enters with more than 12, the extra wrestlers will begin to form a new team with other unattached wrestlers or teams. Athletes are to compete at their natural weights. The weight classes range in increments of 10 pounds beginning at 90-99 pounds up through 200+ pounds.

YOUTH TECHNIQUE CAMP

July 5-9 • Residents - \$350 • Commuters - \$260

The Youth Technique Camp is designed for the younger and less experienced wrestlers. Our focus for this particular camp is teaching proper technique with a strong emphasis on drilling. There will be live wrestling coupled with each technique and drill session. Participants will receive tips and instruction from some of the best instructors in the country. There will also be a wide variety of competitions, including running, pull-ups, push-ups and sit-ups. All of these events are designed to bring out the competitive spirit in each camper and to build personal self-esteem through hard work and determination.

DIRECTIONS TO UB NORTH CAMPUS/REGISTRATION

Follow route 90 to the I-290 West (last exit before toll). Proceed until you see exit 5 B (Millersport Highway North). Get off the exit and go to the next intersection (Coventry Street). Get in far left lane and take a left to the Coventry Entrance of campus.

Directions to residence hall and registration will be available at ubcamps.com (download wrestling camp admission letter).

GROUP DISCOUNTS

Team and Youth Technique Camps: Groups of 12 or more, or two or more members from the same family signing up together will receive a \$25 discount per camper.

REGISTRATION

- Youth Technique + Team Registration: Registration will take place between 1:00 pm and 3:00 pm on Sunday.
- Details will be posted in the Bulls Wrestling link at www.ubcamps.com
- To ensure enrollment, a \$75 non-refundable deposit is necessary.

HOUSING AND MEALS

- All campers will be housed in a University at Buffalo residence hall.
- Meals will be provided at a University at Buffalo dining hall.

WHAT TO BRING

- Wrestling shoes and headgear are obvious necessities, while running shoes are also a must.
- Each camper should also bring workout gear that will accommodate him for four intense workouts per day.
- Other general items that should be packed include the following: a bathing suit, toiletries, bedding (linen, pillows and blankets) and a portable fan.
- Laundry detergent, if you wish to do laundry at the dorms
- Gloves: For Tug-of-war
- Separate Check or Cash (\$30* for Key Deposit and Meal Card)
*\$30 deposit will be refunded when handed back in at end of camp.

RULES

- Each camper is required to attend every session. Attendance will be taken at all sessions.
- Any camper not following camp rules will be sent home without a refund.
- Additional rules will be reviewed at our first session.

NCAA rules prohibit representative of UB's athletics interests (a booster) who is not naturally or legally responsible for a prospective student-athlete (grades 9-12) from providing any expenses to attend a camp or clinic. Violations of this could result in loss of NCAA eligibility for the prospective student-athlete. If you have questions regarding this or any other NCAA rule, please contact the UB Office of Compliance at (716) 645-3146.

WRESTLING CAMP COACHING APPLICATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Team name: _____

Number in Group: _____

COST (X One): _____ 12 or more (\$100) _____ 11 or less (\$150)

UNIVERSITY AT
BUFFALO



WRESTLING

INSTRUCTIONAL SUMMER CAMPS

- TEAM CAMP •
- YOUTH TECHNIQUE CAMP •
- JULY 5-9, 2009 •

FEATURED GUEST CLINICIAN
NCAA CHAMPION-2X FINALIST **MITCH CLARK**

WWW.UBCAMPS.COM

BUFFALO WRESTLING COACHES



WRESTLING CAMPS DIRECTOR JIM BEICHER

UB Head Coach

Beichner is currently in his 14th season at the helm of the Buffalo wrestling program and continues to build the program to a position of national recognition. He has brought some of the best that collegiate wrestling has to offer to the Western New York area and continues to build the program into a team that is making trips to the NCAA Championships on a regular basis. In 2006, Beichner led a trio of Mid-American Conference champions (Mark Budd, Kyle Cerminara, and Harold Sherrell) to the NCAA Championships. Cerminara, as a 197-pounder, earned a second seed at nationals. Beichner was twice a Division I All-American in the 190-pound weight class during his 125-win collegiate career at Clarion.

Contact Info: 716-645-6876

beichner@buffalo.edu



CAMP CO-DIRECTOR JEFF CATRABONE

UB Assistant Coach

Catrabone, a three-time NCAA All-American, is in his fourth year as a UB assistant coach after a distinguished run at Erie (PA) Cathedral Prep that included coaching five District Champions in 2004. He also coached four state placemen during his time with the Ramblers. In college, Catrabone was a three-time Big 10 finalist at the University of Michigan at 167 pounds, placing third in the country twice and seventh once. He finished his career 160-24 and is the Michigan all-time pins leader.

Contact Info: 716-645-2218

jc299@buffalo.edu



CAMP CO-DIRECTOR FRANK BEASLEY

UB Assistant Coach

Beasley is in his second season as assistant coach of the University at Buffalo Wrestling Team. Prior to coming to UB, he spent the last two seasons as an assistant coach at Bloomsburg University, where he coached six national qualifiers. He coached three individuals to the top 16 at the NCAA National Tournament and was the personal coach of the schools' first All-American in thirteen years. Prior to coaching at Bloomsburg, Beasley wrestled at Bloomsburg University and Lincoln College. Beasley wrestled anywhere from 157 to 174 during his college years. He was a 2004 NJCAA All-American at 165 pounds with 35 wins that season. Beasley was also a two time Academic All-American.

Contact Info: 716-225-1715

fbeasley@buffalo.edu

For more information, or to register online
WWW.UBCAMPS.COM



TEAM CAMP COUNSELORS

BROWN



GREEN



HAMEL



SMITH



2008-09 UB Wrestling Team Members:

Dan Bishop
Ryan Black
Matt Bogardus
Jason Brown
John-Martin Cannon
Chris Conti
Brett Correll
John Crisafulli

Dylan Dabolt
Taylor Golba
Desi Green
Jimmy Hamel
Brian Hittle
Mark Lewandowski
Ron Majerus
Jedd Mason

Mickey Moran
Tyler Peter
Josh Peters
Nate Rock
Robert Ryhal
Kevin Smith
Andrew Stella
Jason Weber

CAMP INSTRUCTORS



MITCH CLARK

FLWC Assistant Coach • 2X NCAA Finalist
NCAA Champion • 1998 Midlands Champion
2X Big Ten Champion • 2X NYS State Finalist
2000 Final Olympic Trials • High School Natl. Champion

GREG BETTS

• Assistant coach at Fredonia HS

ERIC GROSS

• Head coach at Medina HS
• New York State Collegiate runner-up for UB

ERIC KNUUTILA

• Head coach at Niagara County CC
• Member of multiple Halls of Fame

MARTY NICHOLS

• Head coach at Ithaca
• 3x NCAA Division III All-American

TOM PAGE

• Head coach at Eden HS

P.J. WENDAL

• Head coach at Falconer HS
• Former standout at SUNY Brockport

ASSISTANT CAMP DIRECTORS

ALEX CONTI

Head Coach, Fredonia HS

2004-05's National Coach of the Year award winner Alex Conti has now coached wrestling at Fredonia High School for 13 years. Fredonia went 19-3 in 2007-08, finishing as the top-ranked small school in Western New York for fifth time in his career. As head coach of the Hillbillies, Conti is an impressive 147-43-1, and has been ranked second in the state on two separate occasions. Coach Conti has coached 13 state-qualifiers and four state champions from 2003 to 2007.

Collegiately, Conti wrestled for Ball State, Indiana, Jamestown Community College and SUNY Brockport. He then went on to coach at Yucca Valley High School in California. He built the program from scratch and had a 99-16-1 record over seven seasons. His program defeated nationally-ranked Calvary Chapel of Santa Ana, CA in 1992 to claim the Southern California Championship.

STEVE PENHOLLOW

Principal, Falconer Central HS; Former Head Coach, Falconer HS

Steve Penhollow is the principal at Falconer High School and the former Head Wrestling Coach. He is one of the winningest coaches in Western New York with an overall coaching record of 210 wins and only 21 losses. His teams have won 10 league championships and 9 Section VI titles under his tenure.

A graduate of Cassadaga Valley High School and Clarion University, Steve has been part of a successful wrestling program for most of his life and continues his winning ways as a teacher and coach in the Falconer school district. He was named the 1993 Western New York Coach of the Year and guided his team to many championships and one of the best dual meet records in New York State.

In 1992, Falconer finished 8th in New York State and was ranked # 1 in NY in the small school division. In 1996 Falconer finished 14-1 in dual meets and sent two wrestlers to the state tournament. In 1997 the Falconer wrestling team finished the season with a perfect 14-0 record and was ranked 4th and 8th in N.Y.S. the following two years. In 1998 coach Penhollow's team finished 12-0 and was ranked 2nd in New York State small school division and # 1 in Western New York.

2009 BUFFALO WRESTLING CAMPS APPLICATION

Please enroll me in a 2009 Buffalo Wrestling Camp. It is understood that the University at Buffalo wrestling program, the University at Buffalo, the camp directors and instructors, or anyone in association with the school will not assume any responsibility for medical, dental, or any other expenses incurred as a result of accidents that occur at the 2009 Buffalo Wrestling Camps.

Name: _____

Age: _____ Grade (in Sept. 2009): _____ Weight: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____

Emergency phone: _____

E-mail address: _____

High school: _____

Coach: _____

Wrestling experience (tournaments, honors, etc.): _____

Roommate preference (if applicable): _____

T-shirt size (circle): S M L XL XXL

Please indicate the camp(s) you are registering for:

- \$260 July 5-9 Youth Wrestling Camp: COMMUTER
 \$350 July 5-9 Youth Wrestling Camp: RESIDENT

- \$260 July 5-9 TEAM Wrestling Camp: COMMUTER
 \$350 July 5-9 TEAM Wrestling Camp: RESIDENT

- \$25 Group Discount [when registering with 12 or more members of the same team, or 2 or more from the same family]

Payment choice [check one]

- \$75 Deposit* [with balance due upon registration at Alumni Arena]
 Full Payment Enclosed

Total Enclosed \$ _____

*Deposits are non-refundable

All campers must provide proof of health insurance prior to their enrollment in camp

I certify that my child has no injury or illness which could jeopardize his/her well-being by participating in the wrestling activities of the 2009 University at Buffalo wrestling camps.

Parent/guardian signature [required]

Date [required]

Please enclose a check or money order payable to University at Buffalo

Register online at www.ubcamps.com
or mail application, payment and completed medical form (on back) to:

2009 UB Wrestling Camps
University at Buffalo
121 Fargo Building • Buffalo, New York • 14261