TEAM COMPETITION CAMP
July 5-9 • Residents - $330 • 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/clinic. 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 places 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.

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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.

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.
Academic All-American. Was also a two-time College. Beasley wrestled anywhere from 157 to 174 during his college years. He was a 2004 pounds, placing third in the country twice and seventh once. He finished his career 160-24.

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Cerminara, as a 197-pounder, into a team that is making trips to the NCAA Championships on a regular basis. He wrestled for Shaler Area High School (Pittsburgh, PA), finishing 42-4 in his senior year, setting a school record for wins in a season.

2004-05’s National Coach of the Year award winner Alex Conti has now coached wrestling at Fredonia High School for 14 years. Fredonia won 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 Falcons, Conti is an impressive 186-49-1, 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 State, Illinois, 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 99-17-2 record over seven seasons. His program defeated nationally-ranked Culver’s Chapel of Santa Ana, CA in 1992 to claim the Southern California Championship.

Steve Penhollow is the principal at Falconer High School and 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 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 with the perfect 14-0 record and was ranked 4th and 8th in N.Y.S. the following two years. In 1999 Coach Penhollow was named the 1st and 2nd in New York State small school division and 1st in Western New York.