

WRESTLING SUMMER TRAINING 2016

Training young athletes
for defining moments



SUMMER DUALS

JULY 10, 2016

CHALLENGE CAMP

JULY 10-13, 2016

OVERFLOW INTENSITY CAMP

JULY 13-17, 2016

REGISTRATION FORMS AT
GOMESSIAH.COM/CAMPS

PRESENTED BY
MESSIAH WRESTLING
2015 MIDEAST REGIONAL CHAMPIONS
2 NCAA Division III National Champions
23 NCAA Division III All-Americans
45 NCAA Division III National Qualifiers



CONTACT
Camp Director:
Bryan Brunk
bbrunk@messiah.edu

One College Avenue Suite 4501
Mechanicsburg PA 17055
Address Service Requested

MESSIAH ATHLETICS



WRESTLING SUMMER TRAINING

PURSuing ATHLETIC EXCELLENCE. DEVELOPING CHRISTIAN CHARACTER. | GOMESSIAH.COM/CAMPS



MESSIAH COLLEGE WRESTLING SUMMER TRAINING

NEW THIS YEAR

MESSIAH SUMMER DUALS

JULY 10, 2016 | High School and Junior High Divisions

- Great stand-alone event or kickstart to our summer camp
- Team registration: \$350
- Team trophy and T-shirts for champions

High School: 12 high school teams – 5 duals
14 weight classes
Max. 18 wrestlers per team

Junior High: 8 junior high teams – 3–5 duals
16 weight classes
Max. 20 wrestlers per team

Register online or through the enclosed form.
Reserve your team's spot by emailing Coach Brunk: bbrunk@messiah.edu.

MESSIAH MOBILE SUMMER TRAINING

Your date, your location

Want Messiah wrestling to bring their camp system to you? Contact Coach Bryan Brunk for details and options.

Email Coach Brunk: bbrunk@messiah.edu.

CHALLENGE CAMP

JULY 10–13, 2016 | Ages 10–18

- Resident: \$390
- Commuter: \$300

Camp starts Sunday (registration 5–6:30 p.m.)
Camp ends Wednesday 4:30 p.m.

OVERFLOW INTENSITY CAMP

JULY 13–17, 2016 | Ages 15–18

Overflow Intensity Camp is one of the most unique wrestling experiences available. Train at a college level while being challenged to train as intensely in your faith in God through Jesus Christ.

- Limited to 30 campers
- Resident: \$390
- College-level practices and partners
- Morning runs and strength sessions
- Live wrestling every session
- Individual attention from current college wrestlers
- Personal devotions each day
- Small group Bible study
- Team devotions and speakers

Camp starts Wednesday (registration 6–7 p.m.)
Camp ends Sunday at noon

DIRECTOR

Director Bryan Brunk, head wrestling coach at Messiah College, is a three-time Conference Coach of the Year. He was the 2014 Division III National Coach of the Year and 2004 NCAA Division III Rookie Coach of the Year. He received the 2005 Bob Bubb Coaching Excellence Award and has coached 22 National Qualifiers and 12 All-Americans.

STAFF

Messiah Wrestling Summer Training is staffed by college, high school, junior high and youth coaches as well as current college wrestlers. Our wrestler to staff ratio is as good as any camp around and our staff is committed to providing every camper an exceptional experience.

FACILITIES

Our facilities provide the opportunity for outstanding wrestling training. Wall-to-wall mats in Hitchcock arena, an air-conditioned field house size facility, make this the best wrestling training center around.

Additional features:

- All you can eat dining hall
- Indoor pool
- Air-conditioned residence halls
- Snack bar
- Jumbo screen wrestling videos

REGISTRATION: WRESTLING SUMMER TRAINING

Register online at gomessiah.com/camps or complete this application, include \$75 non-refundable deposit, and mail to the address below. Balance is due at registration. We will email a student schedule, what to bring to camp and a medical emergency form by early June.

- Groups with 10 or more and family members receive a \$20 discount per individual.
- No more than one discount per wrestler.
- Visiting coaches with a group of 10 or more receive free registration for one coach per group.

Make checks payable to:

Messiah Wrestling Summer Training
One College Avenue Suite 4501
Mechanicsburg, PA 17055

Check all that apply:

☐ **July 10** | Messiah Summer Duals

July 10–13 | Challenge Camp

- ☐ Resident — \$390
☐ Commuter — \$300
☐ Visiting coach or parent — \$300
☐ Group or family discount (10 or more campers)

July 13–17 | Overflow Intensity Camp

☐ Resident — \$390

T-shirt size (only check one):

YL ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐

CAMP RELEASE STATEMENT

I acknowledge that participation in wrestling camp has an inherent risk. The child named above has my permission to participate in the designated Messiah College summer athletic camp. I understand that camp participation will involve significant physical activity which could result in injury. I certify that my child is in good physical condition and is fully able to participate. I assume all risk incident to my child's participation and release Messiah College, its employees, agents, offices and volunteers from all liability, claim, expenses and actions which may arise from injury or harm to the child as a result of camp participation.

In the event of medical emergency, I authorize Messiah College to designate a hospital, physician or emergency personnel to provide care (including hospitalization, if necessary) to the child and release Messiah College from any liability for injury or harm to the child which may result from this medical care. I understand that responsibility for payment of such medical care will be mine and certify that the child is covered by adequate medical insurance.

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Name of School _____

Grade Entering _____ Years Wrestled _____ Weight _____

Parent/Guardian _____

Phone _____

Email _____

Group Attending With _____

Signature of parent/guardian

Date