

## 2015 Newberry Wrestling Camp

**Select a Camp:** Check in times from 3-4 p.m.  
Check out at 11 a.m.

### **June 21-24**

#### **Competition Camp**

12-15 dual matches, plus 45 minutes of instruction per session (8-10 sessions).  
\$250 (Commuter: \$170)

☐

### **July 5-11**

#### **Intensive Camp**

Four total sessions per day, comprised of: early morning intensive sessions, two technical sessions and a live wrestling session.  
\$350 (Commuter: \$270)

☐

### **July 5-8**

#### **Technique Camp**

Three total sessions per day, comprised of: two instructional sessions and one live wrestling session.  
\$275 (Commuter: \$205)

☐

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

**Emergency Phone Number:** \_\_\_\_\_

**Current School:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Weight:** \_\_\_\_\_

**Roommate Preference (if any):** \_\_\_\_\_

CREDIT CARDS ARE ACCEPTED  
AT THREE-PERCENT RATE  
CHECKS PAYABLE TO: JJVIII, LLC

**Phone:** 803.321.5659

**Fax:** 803.321.5169

**Email:** jason.valek@newberry.edu

**Web:** ValekWrestling.com

Newberry Wrestling Camp

2100 College Street

Newberry, S.C. 29108

### **WAIVER STATEMENTS**

All participants in Jason Valek's 2015 Newberry Wrestling Camp, must have their own medical coverage. The camp provides additional coverage only after the camper's insurance policy has been utilized. Campers will not be allowed to participate in camp activities unless the following information is submitted and is signed by the parent and/or guardian of the camper.

**Camper's Insurance Company:** \_\_\_\_\_

**Company Address/Phone:** \_\_\_\_\_

**Policy Number/ID:** \_\_\_\_\_

I/We, the undersigned, hereby certify that I am/we are the parent(s) or legal guardian(s) of the camper. I hereby grant permission to Jason Valek's Newberry Wrestling Camp staffers to seek and allow appropriate medical attention to be administered to my camper in the event of an injury, accident or illness. I am responsible for all expenses pertaining to medical attention and treatment, except for expenses covered by Jason Valek's Newberry Wrestling Camp's additional medical coverage policy.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

This certifies that the camper named above is physically qualified to attend Jason Valek's Newberry Wrestling Camp.



**Jason Valek's**  
2015 Newberry Wrestling Camp

**June 21-24**  
**Competition Camp**

**July 5-11**  
**Intensive Camp**

**July 5-8**  
**Technique Camp**

## DIRECTIONS

**Traveling West on Interstate-26 (from Columbia):**  
Exit the Interstate at exit 76 and turn left onto S.C. Highway 219. Go straight for 4.6 miles and turn right on College Street. The college will be on the right in 0.7 miles.

**Traveling East on Interstate-26 (from Greenville):** Exit the Interstate at exit 76 and turn right onto S.C. Highway 219. Go straight for 4.6 miles and turn right on College Street. The college will be on the right in 0.7 miles.

## WHAT TO BRING?

- towels, linen/sleeping bag, pillow
- toiletry bag (i.e. soap, shampoo, toothbrush, etc.)
- three sets of workout clothes per day- wrestling shoes, headgear, and running shoes
- bathing suit
- spending money (i.e. snacks, drinks, apparel)

## Newberry Wrestling Camp Itinerary

|                    |                             |
|--------------------|-----------------------------|
| 6:00 - 6:15 a.m.   | Intensive Commuter Drop-off |
| 6:30 - 7:15 a.m.   | Intensive Campers Workout   |
| 7:15 - 8:15 a.m.   | Breakfast                   |
| 8:15 - 8:30 a.m.   | Commuter Drop-off           |
| 9:00 - 11:00 a.m.  | Wrestling Session I         |
| 11:30 - 12:30 p.m. | Lunch                       |
| 1:00 - 2:00 p.m.   | Swimming Pool               |
| 2:30 - 4:30 p.m.   | Wrestling Session II        |
| 5:00 - 6:00 p.m.   | Dinner                      |
| 6:30 - 8:00 p.m.   | Wrestling Session III       |
| 8:00 - 8:30 p.m.   | Commuter Pick-Up            |
| 8:30 - 10:30 p.m.  | Movie/Free Time             |
| 10:30 p.m.         | All Campers in Room         |

## **Camp Director**

**Head Coach:** Jason Valek  
**Phone:** 803.321.5659  
**Fax:** 803.321.5169  
**Email:** Jason.Valek@newberry.edu  
**Web:** ValekWrestling.com

Newberry Wrestling Camp  
2100 College Street  
Newberry, S.C. 29108



County of Newberry Recreation

## STAFF

### Jason Valek

#### (Head Wrestling Coach, Newberry College)

In 11 years, Valek has led Newberry to six straight NCAA Super Region I Championships and six straight Top 8 national finishes. Valek's teams have finished as NWCA National Duals runner-ups four times. Valek has produced 33 All-Americans, 63 national qualifiers, three NCAA National Champions, two national runner-ups, three NWCA All-Americans and an NWCA National Champion.

### R.C. LaHaye

#### (Head Assistant Coach, Newberry College)

LaHaye joins the Newberry College wrestling program for the 2014-15 season after founding the Grand Canyon University wrestling program and serving as the head coach for seven seasons. He coached 13 Antelopes to NCAA All-American status and the University World Champion and 2013 Division II Wrestler of the Year Tyrell Fortune.

### Eric Pack

#### (Assistant Coach, Newberry College)

Former California Junior College All-American at Bakersfield and Anderson College wrestler.

### Jeff Vesta

#### (Student Assistant Coach, Newberry College)

A 2013 NCAA All-American, Vesta ranks second in Newberry history in pins in his two year career with the Wolves. He compiled an overall record of 138-45 in his collegiate career.

### Matt Wade

#### (Student Assistant Coach, Newberry College)

Wade was named an All-American in 2014 after finishing eighth in the heavyweight division at the NCAA Tournament. He finished his four year career at Newberry with a 106-50 overall record.

### Chris Bono

#### (Head Wrestling Coach, South Dakota State)

Bono is in his third year as head wrestling coach at SDSU after three seasons as head coach at Tennessee at Chattanooga. At UTC, Bono's squad won three Southern Conference titles, while two individuals earned All-American honors and 19 were NCAA qualifiers. Prior to becoming a head coach, Bono was an assistant at Iowa State.

### Pete Yates

#### (Former Virginia Tech Wrestler)

Yates finished his career as a Hookie with 131 wins, the second most in school history. A two-time All-American, Yates was the ACC champion in his senior season. He posted back-to-back top five finishes at the NCAA Championships and was named the ACC Wrestler of the Year in 2013.

### Andrew Young

#### (Assistant Coach, Summerville High School)

Two-time D-II All-American, three-time state champion at Summerville HS. Former Newberry College Wrestler and currently an assistant coach at Summerville HS.

#### Newberry College Wrestlers

Including: Two-time national runner-up and 2012 Super Region I champion B. J. Young and 2014 All-Americans Jared Holliday and Joe Pittman.



## CAMP PHILOSOPHY

The Newberry College wrestling staff is dedicated to assisting youth wrestlers in their quest to improve their wrestling knowledge and skill. The camp will focus on the fundamentals of wrestling from all positions with a primary focus on technique, mat strategy, mental awareness, healthy weight management, work ethic and life skills. Question and answer opportunities with counselors will be available for campers in order to assist in their development. Our camper-to-staff ration was **7:1 last year**, which helped provide the individual attention needed to improve wrestling skills.

Choose from our Competition Camp or Technique Camp. For future collegiate wrestlers, we offer an Intensive Camp.

