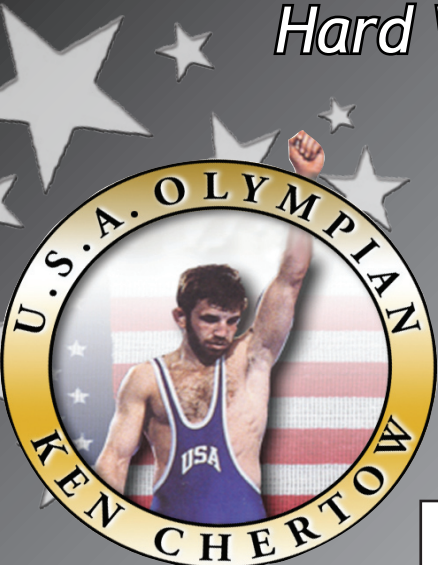


# Ken Chertow's Gold Medal Training Camp System

*Hard Work Makes Dreams Come True!*



## Kentucky • June 16 - 19

### How to enroll:

Visit [KenChertow.com](http://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](mailto:Camps@KenChertow.com).

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

### **TECHNIQUE CAMP:**

Grades 7 - 12

4 day camp option: Specifically designed for wrestlers with little to moderate 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.

**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

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 FOR COMMUTER CAMPS**

Groups can be a combination of all ages!

Groups of 8 or more: \$20 off each camper

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](mailto: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) \_\_\_\_\_

- 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!*

Signature below is authorization for use of credit card and agreement to the refund policy which can be found on [kenchertow.com](http://kenchertow.com). A \$7 registration fee will be charged with each application. A \$25 late fee will be charged to all applications received less than 3 weeks prior to the camp start date. All sales are final. No monetary refunds.

Check #: \_\_\_\_\_  Cash

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 # \_\_\_\_\_

**Kentucky | June 16 - 19**  
**John Hardin High School**  
 Commuter Camp Fee (\$295)

## CAMP SCHEDULE:

**6/16** Check-in: 1:30 - 2:30  
 Wrestling Session: 3 - 8 pm (Dinner Provided)  
**6/17 - 6/18** Wrestling Session :10:00am - 3:00pm (Lunch Provided)  
**6/19** Wrestling Session: 9:00am - Noon

If you are looking for a longer camp option, we will also conduct an overnight camp in State College, PA at the Penn State Ramada Inn Convention Center - July 17 - 30.

For more information or to enroll for both locations, contact us at [camps@kenchertow.com](mailto:camps@kenchertow.com).

### TO APPLY:

Send this application with payment in full by check, money order or credit card to:  
**Gold Medal Training Camp PO Box 120, Boalsburg, PA 16827**  
 Save time and a stamp! Enroll online at [KenChertow.com](http://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
- Check-in, is 1:30-2:30 PM on your first day of camp.
- We will send you an e-mail with a list of what to bring, directions, and more information.

