

# 2016 Gold Medal Training Camps

# Ken Chertow Wrestling



## Kentucky

**June 16-19 | Elizabethtown**

**John Hardin HS**

- More camps in PA, WV, NE, FL & more!
- Adding more Commuter Camps this summer!

**Contact us to learn more and visit [KenChertow.com](http://KenChertow.com)!**

**Camp options for all ages!**  
**Group discounts and pro-rated fees available.**

**TEAM CAMP INCLUDES:** Specialized team training & competition, coaches seminars, free coaches clinic DVDs and other incentives.

**SIGNIFICANT TEAM DISCOUNTS AND EARLY ENROLLMENT INCENTIVES FOR COACHES AND WRESTLERS**

**ALL CAMPS FEATURE:**  
*Systematic Curriculum*  
*Intense Drills*  
*Video Analysis*  
*Mental Preparation*  
*Live Wrestling*  
*Nutrition Seminars*  
*World Class Staff*  
*Strength Training*  
*Outstanding Facilities*

## How to Enroll

- Visit [kenchertow.com](http://kenchertow.com) & click **Enroll Now**.
- Fill out the printable camp application on our website and mail it to **PO Box 120, Boalsburg, PA**, fax it to 814-466-3420 or scan and email to us at [camps@kenchertow.com](mailto:camps@kenchertow.com).
- Collect your team's applications and mail them in together to receive a discount!

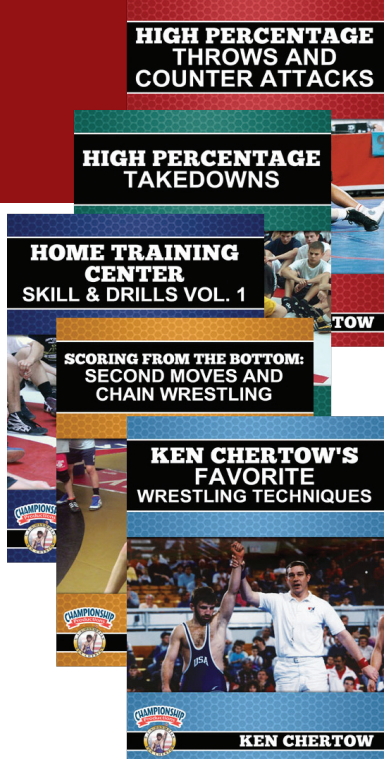
**KENCHERTOW.COM**

**814-466-3466 | [CAMPS@KENCHERTOW.COM](mailto:CAMPS@KENCHERTOW.COM)**



[KenChertowNutrition.com](http://KenChertowNutrition.com)

# KEN CHERTOW'S INSTRUCTIONAL AND HIGHLIGHT DVD SERIES AVAILABLE ON WEARANDGEAR.COM



Coach Chertow's newest Instructional DVD Series is loaded with valuable techniques and details that will benefit both coaches and wrestlers!



**“Coaches, wrestlers and anyone involved in the sport of wrestling will benefit greatly from these remarkable DVDs!”**

## CLASSIC DVDS

### INCLUDING 6-DISC COACHES CLINIC SERIES

Coach Chertow shares over 10 hours of valuable information in this comprehensive coaching library.

**Register for any Super Gold Medal Training Camp by May 1 and receive 4 FREE Instructional DVDS! (\$120 value!)**

## WAYS TO ORDER:

1. [WearandGear.com](http://WearandGear.com)
2. 814-466-3466
3. [Manager@wearandgear.com](mailto:Manager@wearandgear.com)

# KenChertowNutrition.com



**We Build Champions!**  
AdvoCare products work for both wrestlers and anyone looking to get in better shape.

Coaches & Parents: If your athletes are currently using energy and hydration products, consider AdvoCare as a healthier, cost-effective replacement. Jump start your own weight loss plan with AdvoCare's 24-Day Challenge!

**Contact us to learn about becoming a wholesale customer to receive a 20% discount on products, 42 samples of SPARK Energy Drink and a FREE DVD!**



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