

Camp Staff

Lou DeLauro-Director of Warrior Wrestling Camp. Head Varsity Wrestling Coach @ DVHS. Tinman Wrestling Club Director

Nick Irwin- DVHS assistant coach
Tinman Wrestling Club Coach

Dave Sullivan-University of Pittsburgh Wrestler. 4-yr starter and 80 match winner. DVHS assistant coach.

Adam Penberthy- Wilkes University 4 year starter. DVHS assistant coach. Tinman Wrestling Club Coach

Matt Parlier- DVHS Assistant Coach, former Lock Haven wrestler

Patrick Ingulli- DVHS Assistant Coach, former Wilkes Wrestler

CJ Palmer- DVMS Assistant Coach. Tinman Wrestling Club Head Coach. NCAA Division III National Champ for Hunter College. JUCO National Champ for Clackamas College

Train with the best @ DV!!!!



**Dom Moyer 2024 District Champ
& State Qualifier**



**Zac Jacaruso
DVHS 2022
State Champion**

Warrior Boys Wrestling Camp

**1st-8th Grade
June 17th 20th
9:00- 1:30 pm**



Delaware Valley Warriors Wrestling Camp 2024

13X LWL Champs

**District Champs
2010-2013, 2015-2016,
2018, 2020, 2021, 2023**



**CJ Palmer Former DVHS
Wrestler & 2 X PIAA State 3rd
2014 JUCO National Champ
2015 NCAA DIII National
Champ**

Warrior Philosophy

Provide a fun and positive learning environment while teaching athletes the technique, work ethic, discipline, time management, and teamwork derived from the sport of wrestling.

Camp Schedule

- 9:00 Camp Discussion
- 9:05- Warm-up / Motion Drills
- 9:35- Technique Session
- 10:00-Games utilizing technique taught.
- 10:20- Wrestling Video
- 10:45- Technique Session
- 11:10- Situational/live Wrestling
- 11:30- Lunch
- 12:00- Game
- 12:30- Technique session
- 1:00- Live
- 1:20- Camp Review
- 1:30 Camp Pick-up

Cost:

\$100 a wrestler

Includes: 4 days of instruction & T-Shirt

A sibling discount \$80 for Each additional child.

Located @ DVHS Wrestling Room

Application

Name: _____

Address: _____

Home #: _____

Emergency Contact & Number: _____

Grade: _____ School _____

I hereby authorize the camp staff of Warrior Wrestling to act for my child in their best judgment in any emergency situation. I also authorize my child's attendance at Warrior Wrestling Camp, and certify that they are in good health, and are able to participate in all camp activities. I do understand that the camp will not be held responsible for any injuries that may occur on the way to, during, or on the way home from Warrior Wrestling Camp.

Parent Signature: _____

Warrior Boys & Girls Wrestling Camps
2024

T-shirt Size

Only guaranteed for Pre Registries

Youth/Adult (select one)

S M L XL XXL

Send Cash or checks with application to:

Tin-man Wrestling
185 Conashaugh Rd.
Milford, PA 18337
1-570-296-1853