# **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.

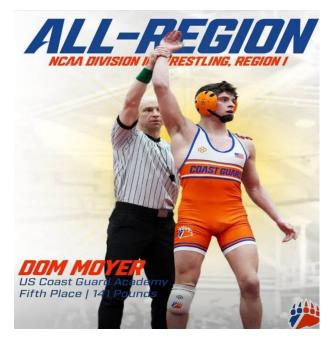
Adam Penberthy - Wilkes University 4 year starter. DVHS assistant coach. Tinman Wrestling Club Coach

Matt Parlier – DVHS Assistant Coach, former Lock Haven wrestler

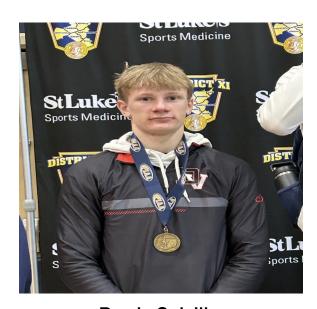
Patrick Ingulli – DVHS Assistant Coach, former Wilkes Wrestler

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 DV Alumni



Brady Colville
DVHS 2025
District Champ & State
Qualifier

# Warrior Boys & Girls Wrestling Camps

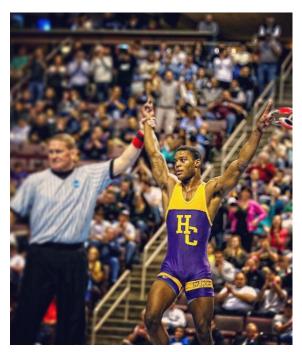
1st-8th Grade June 23rd- 26th 9:00– 1:00 pm



Delaware Valley Warriors
Wrestling Camp
2025

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

**10:20**–Games utilizing technique taught.

10:30 - Wrestling Video

11:00 - Situational/live Wrestling

11:30 - Lunch

12:00- Game

12:30 - Live

12:50 - Camp review

1:00 - 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**

Home #:		
	Address:	
	Home #:	
Emergency Contact & Number:		Contact & Number:
Grade:School	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.

Warrior Boys & Girls Wrestling Camps
2025
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