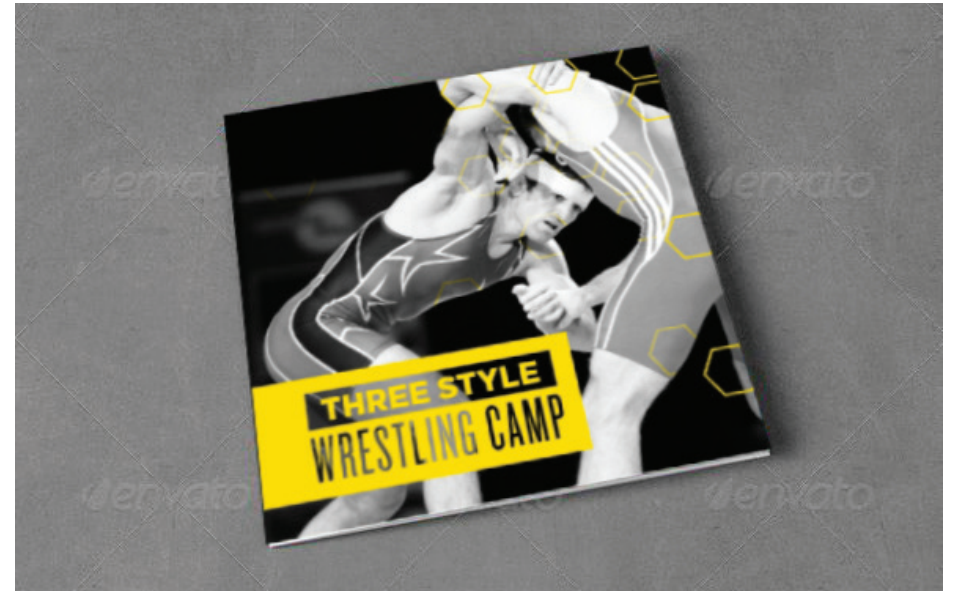




**CAMP BROCHURE**



5X5 SQUARE TRIFOLD ON THICK PAPER

# VIRGINIA BROCHURE



**SCORE MORE POINTS BY**  
LEARNING THE **TECHNIQUES** OF ALL  
**THREE MAJOR WRESTLING STYLES...**

THIS WILL **INCREASE** YOUR  
**ABILITY & CONFIDENCE** TO SCORE  
IN A GREATER VARIETY OF POSITIONS.



**FALLS CHURCH, VIRGINIA**  
SIGN UP AT: [www.3StyleVA.eventbrite.com](http://www.3StyleVA.eventbrite.com)  
CONTACT: Dustin Payne at [dlpayne1@fcps.edu](mailto:dlpayne1@fcps.edu)



## FREESTYLE FOLKSTYLE GRECO-ROMAN

### DETAILS

#### WHO SHOULD ATTEND

Rising 7th-12th graders & all coaches. Youth below 7th grade are welcome, but parents must coordinate with Dustin Payne prior to registering and we recommend bringing a partner of same size and experience. *This is a commuter camp but lodging is available for out of town campers.*

#### WHEN

July 7-11th, 2014 - 8:30AM - 3:30PM; 5:30 PM for those training for Junior Nationals or other competition

#### WHERE

Falls Church High School, 7521 Jaguar Trail, Falls Church, Virginia 22042

#### COST FOR THE WEEK

\$250 for an individual or \$1000 for your entire team. Lodging is available but must be coordinated prior to individual or team registration. Same camp will be conducted 14-18 July in Kingston, NY. If interested in lodging or NY camp please contact Coach Dustin Payne.

#### CONTACT

Coach Dustin Payne at [dlpayne1@fcps.edu](mailto:dlpayne1@fcps.edu) or call 240-377-1014 to register or have questions.

### CAMP INSTRUCTORS

#### DERRICK WALDROUP

1996 US Olympic Team, 4X USA National Champion, USA World Team, C.I.S.M World Greco Roman Champion, All-time Armed Forces Champion, All-Army Champion, All-Army Coach, NCAA Junior College Champion

#### RODNEY SMITH

Olympic Bronze Medalist, 2X Olympian ('92 & '96), 2X NCAA All-American, All-Army Champion

#### FLOYD WINTER

US Olympic Wrestling Coach, U.S. World Team Coach, All-Army Coach, Former C.I.S.M. World Freestyle & Greco Roman Champion, Armed Forces Champion

#### RICH ESTRELLA

U.S. Olympic Coach, US World team Coach (the year U.S. won the World Championships), All-Air Force Coach

#### PHIL BROWN

2X USA All-American, Olympic Alternate, 2X NCAA All-American, All-Army Champion, Armed Forces Place winner, 2X USAEUR Champion, Empire State Games FS & GR Champion, 3RD NY State Championships

#### CHUCK AFRICANO

All-Army Champion, Armed Forces place winner, Finalist Olympic qualifier, 5X USAEUR Champion New England College Conference NCAA Champion, 2nd ranked NCAA, Assistant All-Army Coach

#### DARIUS GILBERT

Certified Personal Fitness Trainer, RKC Certified, Professional CFL Football Player, Varsity Football University of Virginia

OTHER NATIONALLY RECOGNIZED WRESTLERS & COACHES WILL CONDUCT SESSIONS DURING THE WEEK

EITHER MAIL IN THIS FORM WITH A CHECK OR  
GO TO [WWW.3STYLEVA.EVENTBRITE.COM](http://WWW.3STYLEVA.EVENTBRITE.COM) TO PAY ONLINE

#### DETATCH AND MAIL TO ADDRESS BELOW

**COST FOR THE WEEK:** \$250,  
includes a t-shirt  
**EARLY BIRD DISCOUNT:** \$25  
discount for registrations  
received by April 15th.

**CHECKS PAYABLE TO:**  
The Cub Club

**MAIL OR DELIVER TO:**  
Falls Church High School  
7521 Jaguar Trail  
Falls Church, Virginia 22042  
Attn: Dustin Payne

☐ Please register me for a  
USA Wrestling card  
*\*Add \$31 if you do not have a  
current USA Wrestling card*

Hot & cold lunches will be  
served daily for a small fee

Athlete Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_

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

Grade in Fall 2013: \_\_\_\_\_

Years of Wrestling Experience: \_\_\_\_\_

USA Wrestling Card #: \_\_\_\_\_

Circle Desired T-shirt Size: S M L XL 2XL

Parent's Name: \_\_\_\_\_

Emergency Contact #: \_\_\_\_\_

Email Address (Optional): \_\_\_\_\_

Please identify if camper has any ailments, or disabilities  
or medications which need to brought to our attention:  
\_\_\_\_\_  
\_\_\_\_\_

In consideration of my son/daughter wrestling, I intending to be legally bound, do hereby, for myself, my heirs, executors and administrator, waive and release, and forever discharge any and all rights and claims for damages which may be sustained or suffered by me in connection with, or participation in, and for arising out of my child or heir participating in wrestling practice or wrestling camp. The wrestling director has my permission to seek medical attention for my child, and I grant permission for the implementation of appropriate medical treatment in the event of injury or sickness.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# NEW YORK BROCHURE



**SCORE MORE POINTS BY**  
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IN A GREATER VARIETY OF POSITIONS.



**KINGSTON, NEW YORK**  
SIGN UP AT: [www.3StyleNY.eventbrite.com](http://www.3StyleNY.eventbrite.com)  
CONTACT: Phil Brown at [PBrown@kingstonschools.org](mailto:PBrown@kingstonschools.org)



## FREESTYLE FOLKSTYLE GRECO-ROMAN

### DETAILS

#### WHO SHOULD ATTEND

Rising 7th-12th graders & all coaches. Youth below 7th grade are welcome, but parents must coordinate with Phil Brown prior to registering and we recommend bringing a partner of same size and experience. *This is a commuter camp but lodging is available for out of town campers.*

#### WHEN

July 14-18, 2014 - 8:30AM-3:30PM; 5:30 PM for those training for Junior Nationals or other competition

#### WHERE

Kingston High School, 403 Broadway, Kingston New York 12401

#### COST FOR THE WEEK

\$250 per Individual. Discounts are available for Teams. This is a commuter camp but lodging is available at an additional cost but must be coordinated prior to registration. Same camp will be conducted 7-11 July in Falls Church, VA. If interested in lodging or the Virginia camp please contact Coach Phil Brown.

#### CONTACT

Coach Phil Brown at [PBROWN@kingstonschools.org](mailto:PBROWN@kingstonschools.org) or call 845-661-2068 to register or if you have questions about lodging.

### CAMP INSTRUCTORS

#### DERRICK WALDROUP

1996 US Olympic Team, 4X USA National Champion, USA World Team, C.I.S.M World Greco Roman Champion, All-time Armed Forces Champion, All-Army Champion, All-Army Coach, NCAA Junior College Champion

#### RODNEY SMITH

Olympic Bronze Medalist, 2X Olympian ('92 & '96), 2X NCAA All-American, All-Army Champion

#### FLOYD WINTER

US Olympic Wrestling Coach, U.S. World Team Coach, All-Army Coach, Former C.I.S.M. World Freestyle & Greco Roman Champion, Armed Forces Champion

#### ANIBAL NIEVES

2X Olympian ('92&'96), 2X Pan Am Games Silver Medalist, World Team Member, NCAA Division 1 All -American, coach(ed) Springfield Technical Community College, Western New England University

#### RICH ESTRELLA

U.S. Olympic Coach, US World team Coach (the year U.S. won the World Championships), All-Air Force Coach

#### PHIL BROWN

2X USA All-American, Olympic Alternate, 2X NCAA All-American, All-Army Champion, Armed Forces Place winner, 2X USAEUR Champion, Empire State Games FS & GR Champion, 3RD NY State Championships

#### DARIUS GILBERT

Certified Personal Fitness Trainer, RKC Certified, Professional CFL Football Player, Varsity Football University of Virginia

**EITHER MAIL IN THIS FORM WITH A CHECK OR  
GO TO [WWW.3STYLENY.EVENTBRITE.COM](http://WWW.3STYLENY.EVENTBRITE.COM) TO PAY ONLINE**

#### DETATCH AND MAIL TO ADDRESS BELOW

**COST FOR THE WEEK:** \$250,  
includes a t-shirt  
**EARLY BIRD DISCOUNT:** \$25  
discount for registrations  
received by April 15th.

**CHECKS PAYABLE TO:**  
The Cub Club

**MAIL OR DELIVER TO:**  
403 Broadway  
Kingston, NY 12401  
KHS - Athletic Department  
Attn: Coach Phil Brown

☐ Please register me for a  
USA Wrestling card  
\*Add \$31 if you do not have a  
current USA Wrestling card

Hot & cold lunches will be  
served daily for a small fee

Athlete Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Grade in Fall 2013: \_\_\_\_\_  
Years of Wrestling Experience: \_\_\_\_\_  
USA Wrestling Card #: \_\_\_\_\_  
Circle Desired T-shirt Size: S M L XL 2XL  
Parent's Name: \_\_\_\_\_  
Emergency Contact #: \_\_\_\_\_  
Email Address (Optional): \_\_\_\_\_  
Please identify if camper has any ailments, or disabilities  
or medications which need to brought to our attention: \_\_\_\_\_  
\_\_\_\_\_

In consideration of my son/daughter wrestling, I intending to be legally bound, do hereby, for myself, my heirs, executors and administrator, waive and release, and forever discharge any and all rights and claims for damages which may be sustained or suffered by me in connection with, or participation in, and for arising out of my child or heir participating in wrestling practice or wrestling camp. The wrestling director has my permission to seek medical attention for my child, and I grant permission for the implementation of appropriate medical treatment in the event of injury or sickness.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_