

Camp Philosophy

The Homer Wrestling philosophy is to develop the wrestler as a whole. The three major aspects we believe to effectively create the “total package” are character, technique, and mental preparation.

We believe that character is the foundation of success, and wrestling is an outlet where character is reinforced and revealed. Our goal is to develop the character within each wrestler in order to firmly establish the attributes of a champion.

Our goal with technique is to expose each wrestler to an in-depth look at preparation, position, and execution. We will focus on the basic fundamentals along with new and challenging techniques taught by our clinicians. Whether it is the basic stance position or a complicated finish, this camp will teach technique that is successful at all levels of the sport.

Finally, in order to reach your athletic potential, wrestlers must train their minds in addition to their bodies. Mental preparation involves several aspects such as setting goals, positive self talk, visualization, and focus. We feel the training should encompass more than just the physical aspect.

“Win or lose you will never regret working hard, making sacrifices, being disciplined or focusing too much. Success is measured by what we have done to prepare for competition.”

– John W. Smith

Friends of Homer Wrestling Summer PM/Commuter Camp Schedule

Monday

4:30 Introduction: Coach Jason Bovenzi
4:40 Warm-up/Drills
5:00 Technique Session I
6:00 Break/Rest/Water
6:10 Technique Session II
7:10 Break/Rest/Water
7:15 Live Wrestling/Team Competition
7:50 Closing
8:00 Take-Home Snack/Camper Pick up

Tuesday

4:30 Introduction: Coach Brandon MacNaught
4:40 Warm-up/Drills
5:00 Technique Session I
6:00 Break/Rest/Water
6:10 Technique Session II
7:10 Break/Rest/Water
7:15 Live Wrestling/Team Competition
7:50 Closing
8:00 Take-Home Snack/Camper Pick up

Wednesday

4:30 Introduction: Coach Brad Bruhn
4:40 Warm-up/Drills
5:00 Technique Session I
6:00 Break/Rest/Water
6:10 Technique Session II
7:10 Break/Rest/Water
7:15 Live Wrestling/Team Competition
7:50 Closing
8:00 Take-Home Snack/Camper Pick up

Thursday

4:30 Introduction: Coach Paul LeBlanc
4:40 Warm-up/Drills
5:00 Technique Session
6:30 Break/Rest/Water
6:40 Takedown Tournament
7:55 Closing/Camp Photo
8:00 Take-Home Snack/T-Shirts/Camper Pick up

2017 Friends of Homer Wrestling Summer Commuter Camp

Dates: August 7th-10th

Time: Monday - Thursday
4:30pm - 8:00 pm

Where: Homer High School Main Gym

Cost:

Pre-Registration- \$55.00/wrestler
Aug 7th- 4pm- On Site Registration:
\$60.00/wrestler

Homer Wrestlers: \$40.00

Family Rates Apply:

Contact Head Coach Jason Reynolds
@ 607-423-4342 or
reynoldsj57@gmail.com

Please Make Checks

Payable to: Friends of Homer Wrestling

Who can participate? All abilities are welcome. Any wrestler entering 3rd grade to 12th grade is invited. Wrestlers will work with other campers at a similar weight, age, experience, and ability to improve their wrestling technique.

“Champions are made in the offseason”

Use the registration form on the back of this pamphlet.

Fill in and return to:

Friends of Homer Wrestling
Re: Coach Reynolds/Camp '17
5 Henry St.
Homer, NY 13077

REGISTRATION FORM

2017 Friends of Homer Wrestling/Village of
Homer Recreation
Summer Commuter Camp

Name: _____

Address: _____

Phone#: _____

Emergency Contact
Name: _____

Emergency Contact
Phone#: _____

Email: _____

Grade (Fall 2018): _____

School: _____

Weight: _____

I give my child permission to attend and participate in the 2017 Friends of Homer Wrestling Summer Wrestling Commuter Camp. I understand that his/her participation in this camp involves risks and dangers that could result in serious bodily injury. I also understand that the Friends of Homer Wrestling Camp, Homer Central Schools, and its staff will not assume any responsibility for any accidents, medical or dental, or any other expenses incurred as a result of injury during this camp. I verify that my child has medical insurance and a physician has determined he is physically able to participate in the 2017 Friends of Homer Wrestling Summer Commuter Camp.

Parent / Guardian Signature

Date

Featured Clinicians:

Coach Jason Bovenzi-

- Head Coach @ R.I.T. (Current)
- 17 yrs. Head Coaching exp. in Sect.V (1 State Champ, 19 qualifiers)
- 2X NCAA DIII National Champion
- 3X All-American
- NCAA DIII Hall of Fame
- Head Coach / Director Apex W.C.

Coach Brandon MacNaught-

- Head Coach BGA-H (209-79)
- 20 yrs. of Head Coaching exp.
- Coached 8 NYS Champions; 2 MOW's/19 NYS Placers
- 38 Sect. IV Champions
- 2000 NWCA NYS Coach of the Year
- 2016 NYS PHAA & NFHS Coach of the Year

Coach Brad Bruhn-

- Head Coach- SUNY Cortland '02
- 203 Dual Wins (School Record)
- 4X ECWC Coach of the Year
- 2X Northeast Regional Coach of the Year
- NYS Collegiate Coach of the Year
- Coached 4 National Champions/36 All Americans
- NCAA DIII All American

Coach Paul LeBlanc-

- 3X NCAA DIII All American (National Finalist)
- 4X Empire Conference Champion
- NYS Collegiate Champion
- NYS High School Champion

Counselors/Clinicians:

*Corry Murray (VMI Wrestling-DI), Past/Present
Homer Wrestling Coaching Staff/Alumni*

2017 Friends of Homer Wrestling Summer Commuter Camp August 7-10



Please circle T-shirt Size:

Small (Y or A) Medium (Y or A)
Large (Y or A) X-Large (Y or A) XXL (A)
**Y-youth, A-Adult*

Camp Fee must accompany this registration form.

Please make checks payable to:
Friends of Homer Wrestling

Camp Fee Covers Liability
The Village of Homer has NO Medical Insurance.

Wrestlers participate at their own risk under their family plan as outlined in the permission statement.

