

TEAM INFORMATION

A **TEAM DISCOUNT OF \$25 PER PERSON** is available for **high school or middle school teams who bring 5 or more wrestlers**. To qualify for the team discount, the applications and payments of all team members must be sent in together.

- Bedford Wrestlers qualify for the team discount and can send their payment for \$100.00 individually.

APPLICATIONS MUST BE POSTMARKED BY JUNE 1, 2008. Enrollment is limited.

Detach Application form and mail with check to:
**BEDFORD HIGH SCHOOL
C/O ATHLETICS
8285 JACKMAN ROAD
TEMPERANCE, MI 48182**

Questions?

Call Mike Regnier at (734) 347-0507 or
e-mail webmaster@bedfordwrestling.com.



Camp Fee

\$125.00

\$100.00 with Team Discount.

Deadline

Application and Payment is due by **June 1, 2008**.

We cannot refund camp fees for any reason.

THE STAFF

TIM DERNLAN

Assistant Coach/Recruiting Coordinator
Lehigh University
3x Ohio State Champion
Ohio High School Hall of Fame Member
NCAA All-America, Purdue University
Olympic Trials Participant

MATT DERNLAN

Assistant Coach/Recruiting Coordinator
Penn State University
3x Ohio State Champion
Ohio High School Hall of Fame Member
NCAA Qualifier

AARON ANSPACH

Director of Wrestling Operations
Penn State University
NCAA Heavyweight Runner Up • 2007

FEATURED GUESTS

- Bill Regnier, Guest Speaker
Athletic Director, Bedford High School
Former Head Coach, Bedford Wrestling, 1966-95
- Denny Brighton, Guest Clinician
Head Coach, Bedford Wrestling, 1995 - Present
2x Michigan State Champion • NCAA Finalist



FORGE THE SKILLS OF A CHAMPION



**Bedford High School
Temperance, Michigan
July 14-16, 2008 • Grades 7-12**

CAMP APPLICATION

Name: _____

Birth Date: ____ / ____ / 19____

Weight: _____ Grade/Age: _____

Shirt Size: _____ Team: _____

Address: _____

City/State/Zip: _____

As a condition of admittance to Forge Wrestling Camp, the undersigned, individually and on behalf of all parents and guardians of the applicant, and for the applicant, hereby releases Forge Wrestling Camp, Bedford Wrestling, Bedford High School, other camp participants and their agents, employees or volunteers from any and all claims for injury or illness, mental or physical, and waives any right to recovery therefore. The undersigned expressly agrees to be responsible for any medical bills incurred on behalf of the applicant for any illness or accident.

Parent or Guardian: _____

Signature: _____

Day Time Phone: _____

Cell Phone: _____

Check No: _____ Amount: _____

- Please Make Checks Payable to Bedford Wrestling.
- Full Payment is due with the Application.
- Applications are due June 1, 2008.
- Questions? Call Mike Regnier at (734) 347-0570.

Detach Application form and mail with check to:

**BEDFORD HIGH SCHOOL
C/O ATHLETICS
8285 JACKMAN ROAD
TEMPERANCE, MI 48182**

CAMP INFORMATION

Overview

FORGE Wrestling Camp is an intense 3-day commuter camp designed for high school and middle school wrestlers. Current college coaches and wrestlers will teach you effective techniques and strategies that will help you succeed at this level and beyond. Besides demonstration and drilling sessions, speakers will cover topics such as mental preparation, conditioning, and college wrestling. All of this provides a unique training experience that will help a young wrestler forge the skills of a champion.

About the Staff

Matt Dernlan is an assistant coach and recruiting coordinator for Penn State University. Tim Dernlan is an assistant coach and recruiting coordinator for Le-high University. Both were 3x Ohio State Champions and successful college wrestlers. As coaches at top wrestling programs, they have a wealth of knowledge to share with developing wrestlers.

Curriculum

Day One • Takedowns

Day Two • Takedown Defense, Bottom Wrestling

Day Three • Riding and Pinning

Camp Schedule

8:00 - 9:00 Registration

9:00 - 11:30 1st Session

11:30 - 1:00 Lunch

(Lunch WILL NOT be provided. Please pack your own food.)

1:00 - 1:30 Featured Speaker

1:30 - 4:30 2nd Session

What to Bring:

Head Gear

Wrestling Shoes

Lunch

(Lunch WILL NOT be provided. Please pack your own food.)

CAMP DIRECTIONS

FORGE Wrestling Camp

July 14-16, 2007

8:30 a.m. - 4:30 p.m.

Bedford High School Gymnasium

From I-75

- Take Exit 6, Luna Pier Road
- Turn West onto Luna Pier Road/M-151
- Go approximately 5.5 miles to Jackman Road
- Turn left (south) onto Jackman Road
- Go approximately 3 miles
- High School is second school building on right.

From the North, US 23 South

- Take Exit 9, Summerfield Road
- Turn left (east) onto Summerfield Road
- Go 3 miles to Samaria Road/M-151
- Turn left on Samaria Road/M-151
- Go 3.5 miles to Jackman Road
- Turn right onto Jackman Road
- Go approximately 3 miles
- High School is second building on right

From the South, US 23 North

- Take Exit 1, Sterns Road
- Turn right onto Sterns Road
- Go 5.5 miles to Jackman road
- Turn left onto Jackman Road
- Go approximately 1 mile
- High School is first school building on left.



FORGE Wrestling Camp will be held in the Bedford High School Gymnasium. The entrance is in back of the High School.