

## Camp Philosophy

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

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 technique taught by our clinicians. Whether it is the basic stance position or a complicated finish, this camp will teach technique that is successful at the highest levels.

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.

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

***“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***

***“Practice what you know today along with something new, then practice it all over again.”***  
–Dan Gable

## Homer Recreation Wrestling Summer Day Camp Schedule

### Monday

9:00 Introductions  
9:10 Warm up (Homer Varsity Wrestlers)  
9:30 Technique Session I  
10:30 Break/Rest/Water  
10:40 Technique Session II  
11:15 Break/Rest/Water  
11:20 Live Wrestling  
11:50 Closing  
12:00 Camper Pick up

### Tuesday

9:00 Introductions  
9:05 Warm up (Homer Varsity Wrestlers)  
9:20 Coach Bruhn Technique Session I  
10:20 Break/Rest/Water  
10:30 Coach Bruhn Guest Speaking  
10:45 Coach Bruhn Technique Session II  
11:30 Homer Wrestling Games  
11:50 Closing  
12:00 Camper Pick up

### Wednesday

9:00 Introductions  
9:10 Warm up (Homer Varsity Wrestlers)  
9:30 Technique Session I  
10:30 Break/Rest/Water  
10:40 Takedown Tournament  
11:00 Wrestling Olympic Competition  
11:50 Closing  
12:00 Camper Pick up



## Homer Recreation Wrestling Summer Day Camp

**Dates:** July 26 – July 28

**Time:** Monday - Wednesday  
**9:00AM-NOON**

**Where:** Homer High School Gym

### **Cost:**

*Early Bird Registration \$40.00(Deadline Feb. 28)*  
*Pre Registration \$50.00(Deadline July19)*  
*On Site Registration \$55.00*

*Family Rates Apply Contact Coach Geoff  
Sorenson 607-345-0542*

**Please Make Checks  
Payable to Friends of Homer Wrestling**

**Who can participate?** All abilities are welcome. Any Wrestler entering Kindergarten to 7<sup>th</sup> grade is invited. Wrestlers will work with other campers the same weight, age, experience and ability to improve their wrestling technique.

**T-shirt and Evaluation:** Each wrestler will receive a camp t-shirt and a camper evaluation on their week of wrestling and suggestions for future wrestling success.

**“Champions are made in the offseason”**

Use the registration form on the back of this pamphlet.

Fill in and return to:  
Homer Rec. Dept.  
53 S. Main St.  
Homer, NY 13077

# REGISTRATION FORM

2010 Homer Recreation  
Geared 2 Sports/Graph Tex  
Summer Youth Wrestling Camp

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

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

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

Emergency  
Name: \_\_\_\_\_

Emergency  
Phone#: \_\_\_\_\_

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

Grade (Fall 2010): \_\_\_\_\_

School: \_\_\_\_\_

Weight: \_\_\_\_\_

Please circle T-shirt Size:

Small    Medium    Large    X-Large

Camp Fee must accompany this registration form.

Please make checks payable to:  
**Friends of Homer Wrestling**

53 S. Main St.  
Homer, NY 13077

The Village of Homer has no Medical insurance.  
Wrestlers participate at their own risk.

## Featured Clinician and Speaker Brad Bruhn

Brad Bruhn has been SUNY Cortland's Head Wrestling Coach for eight seasons. He has led the Red Dragons to top-30 NCAA Division III finishes in each of his first six seasons, including three top-10 showings.

In 2007-08, the Red Dragons won their second Empire Collegiate Wrestling Conference (ECWC) championship in a row. The Red Dragons closed out the season with an undefeated (11-0) dual match record.

Prior to his arrival at Cortland, Bruhn was the assistant wrestling coach at the University of Wisconsin-La Crosse during the 1997-98, 2000-01 and 2001-02 seasons. In that time, the wrestling teams placed third, second and fourth, respectively, at the Division III Championships. Bruhn has also served as the head wrestling coach at Centaurus High School (Colo.), leading the squad to a second-place finish at the state championships. He had five wrestlers earn all-state honors and one claim a state title.

He was a three-time National Wrestling Coaches Association (NWCA) Scholar All-American and earned All-America honors at 126 pounds in 1995. During his career at Wisconsin-La Crosse, Bruhn was named Most Valuable Freshman, Most Improved Wrestler, team captain and was crowned a Wisconsin Intercollegiate Athletic Conference (WIAC) champion. He was also named to the Dean's List five times.

# Homer Recreation Department Summer 2010 Youth Wrestling Day Camp



**July 26-28**  
**Sponsored by:**  
**Geared 2 Sports/  
Graph Tex**

**The Village of Homer and  
Homer Varsity Wrestling  
Team will be holding a youth  
summer day camp in 2010.  
The camp will be sponsored  
and supported by Geared 2  
Sports/Graph Tex. All  
participants should read the  
enclosed information.**

