

Fill in completely and return to:  
**SPORTS OF ALL SORTS**  
**ATTN: NKWA Summer Wrestling Camp**  
**10094 INVESTMENT WAY**  
**FLORENCE, KENTUCKY 41042**

**June 10th – 13th**  
**Make Checks Payable to Sports of All Sorts**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Emergency Phone \_\_\_\_\_  
School Attending (Fall 2013) \_\_\_\_\_  
Grade (Fall 2013) \_\_\_\_\_ Age \_\_\_\_\_

I hereby authorize the directors of the NKWA Wrestling Camp to use their best judgment in any situation requiring medical attention. I also certify that my son/daughter is physically fit.

Parent/Guardian Signature

X \_\_\_\_\_

Cost: \$125 per camper  
OR

Register 5 campers at the same Time  
and get our 5 for \$500 camp special

You can also register online individually  
\*5 for \$500 must register in person with all  
forms and payment

## CAMP CLINICIANS

### **Nick Spatola (Will be here all week and Thursday's Clinician)**

3X OHSAA State Placer  
NHSCA Pre Season National Champion  
Member of Ohio All Star Team  
Member of Schoolboy, Cadet, & Junior National  
Wrestled at Indiana University (2002 – 2006)  
Current Assistant Coach at Elder High School

### **Issac Knable (Monday's Clinician)**

4X State Champion (Saint Xavier High School)  
Wrestled at Indiana University (2002-2006)  
NCAA Qualifier (149lbs)  
Assistant Coach at Saint Xavier High School)

### **Mike DeHart (Wednesday Clinician)**

2001 Bronze Medalist at Fila Masters World Championships  
3X USA Masters National Champion  
2X USA Masters World Team  
25 Years of Coaching Experience

### **Tommy Pretty (Tuesday's Clinician)**

Ohio Division 1 State Champion  
NAIA National Champion  
3X All-American  
All Time wins/pins leader at Campbellsville University

**Expect to recognize local high school coaches  
and former high school & college wrestlers.**



## "Building Champions"

### **Darren Thomas - Administrator and Youth Coach**

Darren has been coaching youth since 1989. He has a strong passion toward teaching youth to find the best in themselves, respect others and establish core values that will be with them for life. Darren focuses on building the character that will be seen on and off the mat which reflects the type of young athlete you can be proud of.

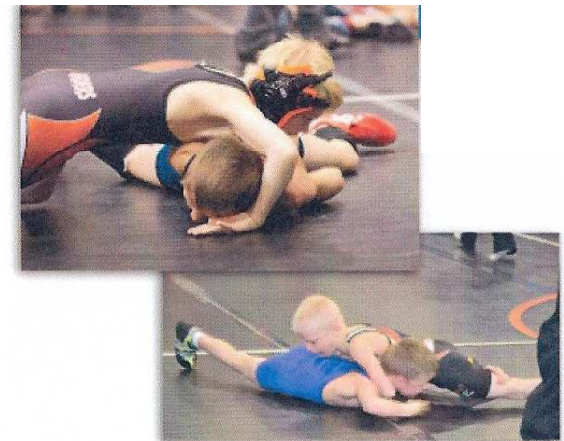
Our goal for this camp is to give your wrestler a unique wrestling experience like no other. Our facilities are one of the best in N. KY along with activities for all, and a proven wrestling system our camp will be an awesome wrestling experience.

Our Top clinicians will go over how to be in perfect position, set-ups to high percentage takedowns, match ending throws, defense/counterattacks, how to successfully hold an opponent down and turn him, and how to combo wrestle from the bottom.

We will also cover dieting, flexibility, strength & conditioning, and how to focus and be mentally tough when it counts.

Each day after the second session of wrestling all campers will have the change to be a part of a structured and guided sporting activity. We feel like the wrestling experience along with other sporting activities is a great combination that will leave your wrestler excited and ready to come back and work hard.

We will focus on not only teaching your wrestler the skills and drills it takes to become a champion, but to also teach him/her how to be a team leader and give them a lasting wrestling experience they will not forget.



**Open to any and all participants**

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OR**

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\*Morning Drink, Lunch with Drink and Afternoon Drink

MAKE CHECKS PAYABLE TO SPORTS OF ALL SORTS

**Check In: 7:30-8:30a.m. MONDAY ONLY**

Daily Agenda:

8:00 – 8:30 a.m. Open Gym  
8:30 a.m. Roll Call, Wrestlers report for Instructions  
8:45 – 10:00 a.m. Session 1, Technique – Campers rotate  
to various wrestling stations  
10:00 – 10:15 a.m. BREAK, Drink provided  
10:15 – 11:15 a.m. Session 1, Technique – Cont.  
11:15 – 12:00 p.m. LUNCH Provided  
12:00 – 2:00 p.m. Session 2, Drills and Live Mat Time -  
All wrestlers will receive equal Mat time  
along with quality instruction with one of  
our clinicians.  
2:00 – 2:15 p.m. BREAK, Drink provided  
2:15 – 3:45 p.m. Team Building Activities – Wrestlers will  
get to play basketball, bowling and other  
activities that will help provide excellent  
team building funtions  
3:45 – 4:00 p.m. Daily Recap

High School Wrestlers are encouraged to stay and practice live  
wrestling with clinicians.

For more information:

MKWA – Darren Thomas: 859-393-3983  
SOASYA – Perry Wing: 859-760-7466  
or email: [director.soas@insightbb.com](mailto:director.soas@insightbb.com)

You may visit the following web sites for more information or to  
print out this brochure for additional campers.

[www.nkwa.net](http://www.nkwa.net) or [www.sportsofallsortsky.com](http://www.sportsofallsortsky.com)



**2013  
SUMMER CAMP  
June 10<sup>th</sup> – 13<sup>th</sup>**

**NKWA is Northern Kentucky's premier wrestling  
academy. We offer practices, clinics, and camps all  
overseen by top clinicians in the sport**

**Located in  
Sports of All Sorts  
10094 Investment Way  
Florence, KY 41042  
859-372-7754  
[www.sportsofallsortsky.com](http://www.sportsofallsortsky.com)**