

CAMP APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

E-mail _____

T-shirt size: XXL XL L M

School Attending _____

Grade _____ Age _____ Ht. _____ Wt. _____

Roommate Preference (leave blank if none) _____

I, the undersigned, individually and as a parent/guardian of _____
_____ (Camper) a minor, ask that he/she be admitted to
participate in the Limestone Wrestling Camp. I do hereby agree to re-
lease, discharge, and hold harmless Limestone College, Limestone Wres-
tling Camp and their employees of and from all causes, liabilities, dam-
ages, claims or demands whatsoever on account of any injury or accident
involving the said minor arising out of the minor's attendance at the sport
camp or in the course of competition and/or activities held in connection
with the sport camp.

Parent/Guardian Signature Required

Intensive Camp (9th-12th grade)

- Resident: June 18-26 (\$400.00)
- Commuter: June 18-26 (\$300.00)

Technique (7th-12th grade)

- Resident: June 19-23 (\$300.00)
- Commuter: June 19-23 (\$200.00)

Coach's Resident Fee (Bring 10 or more wrestlers, coach stays free)

- Room and Board for Coach (\$200.00 for Intensive)
- Room and Board for Coach (\$150.00 for Technique)

Camp fee includes room and board. A non-refundable \$75.00
deposit must accompany your application. The balance is due
upon camp registration. Please send your check or money order
by May 18th. Cash and money orders will be accepted for the
balance on the day of registration. Please don't send cash. [Make
check or money order payable to: Limestone Wrestling](#)

Return form to: **Limestone Wrestling Camp**
1115 College Dr.
Gaffney, SC 29340

Place
Stamp
Here

Limestone College

Limestone Wrestling Camp
1115 College Dr.
Gaffney, SC 29340



Camp Philosophy

Limestone College Camp System strives for excellence on and off the mat. Wrestlers will receive individualized technique and tactical instruction during each session, as well as strength training, conditioning, and nutrition/weight management lectures.

Technique Camp

The focus of technique camp is to teach and implement new techniques from our top notch counselors and clinicians. We also want to improve existing techniques and add to your knowledge of techniques and tactics.

Intensive Camp

This Camp is designed to give campers the experience of the intense training involved in the collegiate level of wrestling. This camp is recommended for experienced wrestlers who want to train at a high level and get an edge on the competition.

Camp Coaches



Ben Stehura Currently Limestone College Head Coach. Stehura earned his Bachelor of Science Degree from Lock Haven University in December 2000. In May of 2003, he completed his Masters Degree in Education at Cleveland State University. Stehura joined Limestone from nationally ranked Cleveland State University. At Cleveland State he served as the Assistant Coach and Freestyle and Greco Roman Club Coach (2001-2003). While with Cleveland State, Stehura helped guide the team to a second place finish in the prestigious Eastern Wrestling League, a top 25 national ranking (Div I), and coached ten NCAA Div I national qualifiers as well as three Freestyle and Greco Roman world team qualifiers.



Kevin Vees Currently Limestone College Assistant Coach. Vees graduated from Johnson & Wales University (Providence, RI) in 2003 with a Bachelor of Science in Sports Management. He competed in the 125 lb. weight class and was a three-time New England Wrestling College Association (NCAA Division III) runner-up for the Wildcats. Vees was also a two-time Academic All-America selection, and posted a career record of 115-39 for Johnson & Wales.



Mike Wehler Coach Wehler is currently the Head Coach at West Liberty State. Wehler joins West Liberty after serving the last two years as an assistant coach at the University of North Carolina at Pembroke. The former Lock Haven wrestler was the head wrestling coach at Hollidaysburg Area Senior High School before he joined the staff at UNC-Pembroke.

Directions

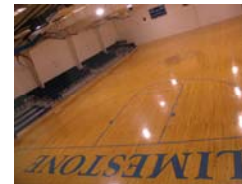
From Columbia, SC (95 South- 85 South):

Take Interstate 26 west to Interstate 85 north. Take 85 north to exit 92, then right on Floyd Baker Blvd for 2 miles. After crossing the railroad tracks, at the first traffic light, turn right on Limestone St. for 3/10 of a mile. After the second traffic light, turn left on College Drive for 1 mile. College Drive ends at the front entrance of Limestone College.

From the North East:

Take Interstate 95 south. Pick up Interstate 85 south approximately 20-25 miles south of Richmond, VA. Take 85 south to SC exit 92, then right on Floyd Baker Blvd for 2 miles. After crossing the railroad tracks, at the first traffic light, turn right on Limestone St. for 3/10 of a mile. After the second traffic light, turn left on College Drive for 1 mile. College Drive ends at the front entrance of Limestone College.

Camp Information



Wrestling sessions will take place in Timken Gymnasium. All facilities are air conditioned including residence halls, dining halls, and all work-out facilities.



Check-in/Check-out Schedule

Check-in– Intensive 6/18/05 3:00 PM to 5:00 PM

Check-out– Intensive 6/25/05 10:00 AM to 12:00 PM

Check-in– Technique 6/19/05 3:00 PM to 5:00 PM

Check-out– Technique 6/23/05 10:30 AM to 12:00 PM