



UB Wrestling is confident that this summer program will benefit all that attend. We will work extremely hard to give your kids the most valuable wrestling experience of their lives as this camp will pack five days worth of instruction into four!

Athletes will experience quality instruction, DUAL MEET and Tournament competition. This is your chance to wrestle a half a season in just four days. Don't miss the opportunity to develop your program. We will guarantee you will get better!

TEAM CAMP

July 8-11 • Residents - \$360 • Commuters - \$270

Welcome to the NEW AND IMPROVED 2012 UB Wrestling Camp. The camp has been developed in coordination and consultation with two of the most respected and winningest coaches in New York State history — Bill Jacoutot and Alex Conti. They have both been named as the National High School Coach of the Year and are proven winners. Together, we have developed a much improved wrestling camp that is targeted to improve not only the athlete, but also the head and assistant coaches.

It is with great pleasure that we introduce you to the 2012 UB Wrestling Competition Training Camp and Coaches Development Program. Here is what your athletes will get:

Minimum of 11 Dual Meets, Technique Sessions, Individual Tournament, Team Building, Drilling Sessions

YOUTH CAMP

July 8-11 • Residents - \$360 • Commuters - \$270

The UB Wrestling Youth Wrestling Camp is designed for the younger and less experienced wrestlers. Typically, you will see wrestlers from 8-13 years of age at this camp. We will run this camp in a way that each participant will receive individual attention focusing on Technique, Drilling, Live wrestling, a little bit of conditioning and some fun.

Ricky Deubel will be our Youth Camp Director for the second year. Ricky has had great experience in the sport of wrestling over the past 15 years winning national titles, high school state titles and teaching camps/clinics all around the north east. Coach Deubel and our student counselors will give your athlete a great experience here at UB.

Stay on campus or commute... either way, the youth technique camp is a great value and will be a great learning tool for your young athlete.

COACH SEMINARS

Now, there is a camp that coaches both the coach and the athlete. The University at Buffalo Camp will feature coaching seminars to help develop your coaching staff. Coaches will get all of the following:

- Coaches Development
- Instructional Order and Progressive Drilling
- Practice Approach and Organization
- Communication Methods and Meetings
- Syllabus development
- Creating a Winning Template
- Video Analysis
- Building your BRAND!

Coaches that attend with a group of 12 or more will be admitted free of charge. As a coach you will receive coaching seminars, free room, and free meals. Please contact Coach Jim Beichner for more information or go to www.ubcamps.com.

DIRECTIONS TO UB NORTH CAMPUS FOR CHECK-IN

From I-90 (NYS Thruway)

1. Take exit 50 and pick up the I-290 West
2. Take the Millersport Street North exit (5B) – Go through the first traffic light
3. Take Second Off Ramp – UB North Campus toward FLINT ROAD EXIT
4. Exit becomes Audubon Parkway
5. Follow Audubon Parkway to the third light – LEFT ON HAMELTON ROAD
6. TAKE RIGHT INTO FARGO PARKING LOT
7. Registration will be at the FARGO QUAD

GROUP DISCOUNTS

Groups of 12 or more wrestlers, or two or more members from the same family that register together will receive a \$25 discount per camper.

REGISTRATION

- Youth Technique + Team Registration: Check-in/Registration will take place July 8, 2012 between 10:00 am and 12 noon on Sunday.
- Details will be posted in the Bulls Wrestling link at www.ubcamps.com
- To ensure enrollment, a \$75 non-refundable deposit is necessary.

HOUSING AND MEALS

- All campers will be housed in a University at Buffalo residence hall.
- Meals will be provided at a University at Buffalo dining hall.

WHAT TO BRING

- Wrestling shoes and headgear are obvious necessities, while running shoes are also a must.
- Each camper should also bring workout gear that will accommodate him for four intense workouts per day.
- Other general items that should be packed include the following: a bathing suit, toiletries, bedding (linen, pillows and blankets) and a portable fan.
- Laundry detergent, if you wish to do laundry at the dorms
- Separate Check or Cash (\$50* for Key Deposit and Meal Card)

*\$50 deposit will be refunded when handed back in at end of camp.

RULES

- Each camper is required to attend every session. Attendance will be taken at all sessions.
- Any camper not following camp rules will be sent home without a refund.
- Additional rules will be reviewed at our first session.

NCAA rules prohibit representative of UB's athletics interests (a booster) who is not naturally or legally responsible for a prospective student-athlete (grades 9-12) from providing any expenses to attend a camp or clinic. Violations of this could result in loss of NCAA eligibility for the prospective student-athlete. If you have questions regarding this or any other NCAA rule, please contact the UB Office of Compliance at (716) 645-3146.

UNIVERSITY AT BUFFALO WRESTLING



INSTRUCTIONAL SUMMER CAMPS

TEAM CAMP

YOUTH CAMP

COACHING SEMINARS

JULY 8-11, 2012

REGISTER ONLINE
WWW.UBCAMPS.COM



WRESTLING CAMPS DIRECTOR **JIM BEICHER**

UB Wrestling Head Coach

- In his 17th season as Buffalo head coach
- Has coached seven UB wrestlers to 100+ wins, and 41 national qualifiers, including a program-record six in the 2010-11 season
- Coached former UB standout Kyle Cerminara to All-America status in 2004, the first UB Division I male All-American in wrestling
- Named the 2010-11 Mid-American Conference's Coach of the Year
- Voted the New York State Division I Coach of the Year in 1995-96 and 2003-04
- Two-time NCAA Division I All-American at 190 pounds, during the 1984-85 and 1985-86 seasons
- Recorded a career collegiate record of 125-22 (third best in Clarion history) while registering 32 falls

Contact Info: 716-645-6876

beichner@buffalo.edu



CAMP CO-DIRECTOR **MATT LACKEY**

UB Assistant Coach/Recruiting Coordinator

- NCAA Champion
- 3X NCAA All American
- 2X Big Ten Champion
- Big Ten Athlete of the Year
- 2X Illinois High School State Champion
- Cadet, Junior, Fila Junior, & University Freestyle National Champion

Contact Info: 716-645-3108

mlackey@buffalo.edu



CAMP CO-DIRECTOR **ALEX CONTI**

- Head Coach Fredonia High School
- National High School Coach of the Year
- Nearly 25 Years of Coaching Experience
- 211-49-1 Coaching Record at Fredonia
- 2010-11 Ranked #1 New York State Small School (24-0)
- Western New York's Team of the Decade 2000-2010
- 310 wins overall; 211 wins at Fredonia High School
- 99-17-2 Coaching Record at Yucca Valley (CA)
- 81% Winning Percentage as a Coach



CAMP CO-DIRECTOR **BILL JACOUTOT**

- Retired Coach of Spencerport High School
- National High School Coach of the Year
- New York State Coach of the Year
- 387-34-2 (92%) Coaching Record at Spencerport
- 32 Year Coaching Career
- 10 Undefeated Teams
- 7 New York State Team Championships
- 5 Nationally Ranked Teams



YOUTH CAMP DIRECTOR **RICKEY DEUBEL**

- 2x Ohio State Champion, 3X Finalist
- High School Senior National Champion
- 3x NCAA Division I National Qualifier
- 2x PSAC Champion, 4x Finalist
- University All-American
- Graduate of Edinboro University

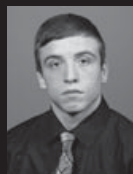
Contact Info: 716-645-2218

rdeubel@buffalo.edu



For more information or to register online
WWW.UBCAMPS.COM

TEAM CAMP COUNSELORS



MAX SORIA



MIKE SORIA



FARMER



CONTI



REEB



LEWANDOWSKI



CANNON



WASTE

2011-12 UB Wrestling Team Members:

Ricky Bronson
John-Martin Cannon
Chris Conti
Brett Correll
Matt Dehney

Kris Duge
Alex Ekstrom
Justin Farmer
Taylor Golba
Dan Gormley

Justin Heiserman
Mark Lewandowski
James Loomis
Justin Lozano
Jedd Mason

Wally Maziarz
Dominic Montesanti
Jeff Palmeri
Tyler Peter
Clay Reeb

Arik Robinson
Blake Roulo
Andrew Schutt
Kevin Smith
Max Soria

Mike Soria
Sean Walton
Zach Ward
Jake Waste

CAMP INSTRUCTORS



JEFF CATRABONE UB Assistant Coach

- 2x PA AAA State Champion
- 3x Division I All-American
- Head Coach Erie Cathedral Prep High School
- Inducted into the Pennsylvania Wrestling Hall of Fame
- Vice President of Braendel Painting Company



DAN BISHOP UB Administrative Assistant

- 4 year starter at UB
- 3x New York State Collegiate Finalist
- 3x NYS High School Finalist
- Greco Roman National Champion



MICKEY MORAN UB Graduate

- 2X Place winner PA AAA, 2nd & 3rd
- Division I National Qualifier
- 2X University All-American
- 3rd Place at University World Team Trials
- Currently Works for UB's Recreation and Intramurals

ERIC KNUUTILA

- Head coach at Niagara County CC
- Member of multiple Halls of Fame
- One of the winningest coaches in wrestling history

TOM PAGE

- Head coach at Eden HS
- Western New York National Team Coach
- Western Region Empire State Coach
- New York Super Six Club Coach
- Graduate of Brockport University

P.J. WENDEL

- Head coach at Falconer HS
- Former standout at SUNY Brockport
- CAMP Emergency Medical Technician

STEVE PENHOLLOW

- Superintendent of the Falconer Central School District
- Former Head Coach at Falconer Central School
- 210 Wins at Falconer Central School
- Graduate of Clarion University

2012 BUFFALO WRESTLING CAMPS APPLICATION

Name: _____

Age: _____ Grade (in Sept. 2012): _____ Weight: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____

Emergency phone: _____

E-mail address: _____

High school: _____

Coach: _____

Wrestling experience (tournaments, honors, etc.): _____

Roommate preference (if applicable): _____

T-shirt size (circle): S M L XL XXL

Please indicate the camp(s) you are registering for:

\$270 July 8-11 Youth Wrestling Camp: COMMUTER

\$360 July 8-11 Youth Wrestling Camp: RESIDENT

\$270 July 8-11 TEAM Wrestling Camp: COMMUTER

\$360 July 8-11 TEAM Wrestling Camp: RESIDENT

\$25 Group Discount [when registering with 12 or more members of the same team, or 2 or more from the same family]

Payment choice [check one]

\$75 Deposit* [with balance due upon registration at Alumni Arena]

Full Payment Enclosed

Total Enclosed \$ _____

*Deposits are non-refundable

2012 COACH SEMINAR APPLICATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Team name: _____

Number in Group: _____

FREE Coach Seminar (with group of 12 or more) \$150 (group of 11 or less)

Please enclose a check or money order payable to University at Buffalo

Register online at www.ubcamps.com

or mail application with payment to:

2012 UB Wrestling Camps

University at Buffalo

121 Fargo Building • Buffalo, New York • 14261

Registrants will receive a health form via email (or US Mail) that must be completed and returned prior to participating on the first day of camp.