

## Technicians and Counselors

### **Brendan Buckley**

Columbia University Wrestling-Head Coach  
NCAA All-American

### **Dave Esposito**

Columbia University Wrestling-Asst. Coach  
2 x NCAA All-American

### **Karl Roesler**

Columbia University Wrestling-Asst. Coach  
2 x NCAA All-American

### **Yero Washington**

Columbia University Wrestling-Asst. Coach  
2 x NCAA All-American

Assisted by Current Columbia Wrestlers ...



## Daily Schedule

8:00 - 9:00 am	Registration
9:00 - 11:00 am	Session I
11:00 - 12:00 pm	Lunch
12:00 - 1:00 pm	Recreation
1:00 - 2:00 pm	Session II
2:00 - 2:30 pm	Lectures on Performance
2:30 - 4:00 pm	Session III

Dodge Fitness Center  
MC 1934  
3030 Broadway  
New York, NY 10027



# Lion Wrestling Camp

June 28th—July 1st

Columbia University  
Dodge Fitness Center  
New York, NY



At  
**Columbia**  
**University**

## Lion Wrestling Camp Features

*Lion Wrestling Camp will bring together the coaching staff of Columbia University as well as the support of its athletes with the purpose to provide the tri-state area the opportunity to work with one of the strongest up and coming programs in the nation. We will present the fundamentals of wrestling such as set ups, takedowns, riding ability as well as escape techniques. Fundamentals are key to the success of wrestlers at*



*we will try to provide an individualized approach as much as possible. In addition to mat skills we will address other facets of performance: strength and conditioning, weight and nutritional issues, as well as proper psychological preparation. With an experienced staff we hope to provide a productive environment, maintaining a fun and enthusiastic atmosphere, while helping*



## Commuter Camp

Lion Wrestling Camp is a commuter camp. All campers will provide their own transportation to and from camp everyday.

## Directions

**Driving From Manhattan and New Jersey:** Take the Henry Hudson Parkway North to 95th/96th Street exit. Use the 95th Street off ramp and turn left onto Riverside Drive. Proceed North (Uptown) on Riverside Drive until you reach 116th Street. Turn right at 116th Street and continue two blocks at which you will find the entrance to Columbia University (116th and Broadway).

**New York City Public Transit:** Five bus lines (M4, M5, M11, M60, M104) and one subway line (1/9 local) serve the Columbia neighborhood. The Subway stop for campus is Columbia University/116th Street. Please note: the 2/3 express does not stop at Columbia University.

**By Train or Bus:** Out of Town trains arrive in New York City at either Penn Station (34th Street between 7th and 8th Ave) or Grand Central Station (42nd Street and Park Ave). Bus Service arrives at the Port Authority Bus Terminal (42nd Street and 8th Ave) From which one can take New York City Public Transportation.

**For more information:** Please contact the Visitor Center at (212) 854-4900 for additional information regarding directions to Columbia University.

## Insurance

Insurance coverage is provided for all registered campers. Coverage is excess coverage and begins after the exhaustion of all other coverages for which the camper may be eligible. In the absence of any other coverage, camp coverage will provide primary coverage benefits subject to coverage limits and exclusions. Covered expenses are subject to a \$100 per claim deductible. All expenses payable under this coverage must be reported within 104 weeks from the date of the accident when an injury shall require treatment by a legally qualified medical examiner. For further details please contact Staff at (212) 854-3435.

## Trainers

An athletic trainer will be present to attend to minor injuries as well as manage any potential serious injuries that may occur.

## Eligibility

Any athlete between the ages of 10 and 18 is eligible to participate in camp.

## Camp Checklist

- **Wrestling Shoes**
- **Workout Gear**
- **Running Shoes**
- **Water Bottle**
- **LUNCH (dining services available on campus)**

# Registration Form

Sign up for:

- Pre Registration (by June 7th) Price  
 Registration (post June 7th) \$175.00  
 Team Registration (8 or more campers) \$195.00  
\$150.00

Method of Payment:

- Cash  
 Check (Please make payable to **Brendan Buckley**)

Name \_\_\_\_\_ Birth Date \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_

Home Telephone \_\_\_\_\_ Work Telephone \_\_\_\_\_  
 Zip Code \_\_\_\_\_

Wrestling Weight \_\_\_\_\_ School \_\_\_\_\_ Year \_\_\_\_\_

I have read and hereby accept the conditions described in this brochure. I give permission for medical treatment, release of medical information, and accept terms of the excess medical coverage plan presented. The participant has been examined by a physician in the last year and is in good health and I hereby waive and release Lion Wrestling Camp from any liability for injuries or illness incurred during camp.

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_

Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

In case of emergency call \_\_\_\_\_ Telephone # \_\_\_\_\_

## Lion Wrestling Camp at Columbia University in New York City

Columbia University  
 Wrestling Office  
 Dodge Fitness Center MC 1934  
 3030 Broadway  
 New York, NY 10027

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 Fax: 212-854-7387  
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