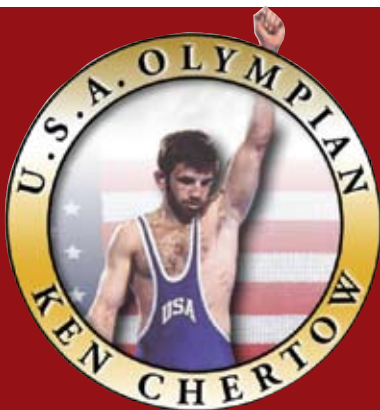


# 2013 GOLD MEDAL TRAINING CAMPS

# KEN CHERTOW WRESTLING



## Kansas

May 28 - June 1 | Kansas City  
Shawnee Mission NW & Hotel  
Commuter discounts & pro-rated fees available!

*4-day to multi-week options! We will conduct Super Gold Camps that begin in Kansas and travel to Nebraska. We can customize dates to meet your needs. We provide free transportation from your first camp to subsequent locations in which you are enrolled.*

**Additional camps in locations across the nation - camp options for all ages!**

**SIGNIFICANT TEAM DISCOUNTS AND EARLY ENROLLMENT INCENTIVES FOR COACHES AND WRESTLERS**

**TEAM CAMP INCLUDES:** Specialized team training & competition, coaches seminars, free coaches clinic DVDs and other incentives.

### **ALL CAMPS FEATURE:**

**Systematic Curriculum**  
**Intense Drills**  
**Video Analysis**  
**Mental Preparation**  
**Live Wrestling**  
**Nutrition Seminars**  
**World Class Staff**  
**Strength Training**  
**Outstanding Facilities**

## How to Enroll

- Go to [kenchertow.com](http://kenchertow.com) and click "Online Application."
- Fill out the application on our summer brochure and mail it to **PO Box 120, Boalsburg, PA**, or fax it to 814-466-3420.
- Download and print an application at [kenchertow.com](http://kenchertow.com) by clicking "Printable Application."
- **Collect your team's applications and mail them in together to receive a discount!**

Contact us to request camp brochures and a FREE motivational poster!

# KENCHERTOW.COM

814-466-3466 | [CAMPS@KENCHERTOW.COM](mailto:CAMPS@KENCHERTOW.COM)



KenChertowNutrition.com

# KEN CHERTOW'S INSTRUCTIONAL AND HIGHLIGHT DVD SERIES AVAILABLE ON WEARANDGEAR.COM



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