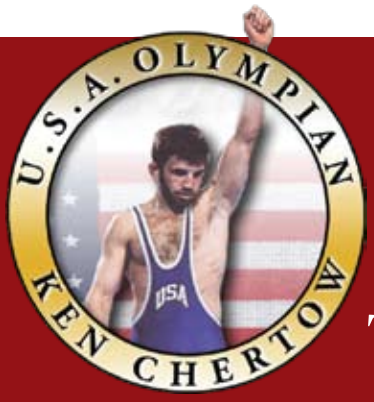
2013 GOLD MEDAL TRAINING CAMPS

KEN CHERTOW WRESTLING



Maryland

June 29 - July 3 | Ellicott City

Turf Valley Resort (Baltimore suburbs)

More camps in PA, NJ and other locations across the nation!

Camp options for all ages!

Commuter discounts and pro-rated fees available.

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

SIGNIFICANT TEAM DISCOUNTS AND EARLY ENROLLMENT INCENTIVES FOR COACHES AND WRESTLERS

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 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 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

ADVOCARE
KenChertowNutrition.com

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

Coach Chertow's new Instructional DVD Series is loaded with valuable techniques and details that will benefit both coaches and wrestlers!

Register for any Super Gold Medal Training Camp by May 1 and receive 4 FREE Instructional DVDS! (a $120 value)

"Coaches, wrestlers and anyone involved in the sport of wrestling will benefit greatly from these remarkable DVDs!"

CLASSIC DVDS

INCLUDING 6-DISC COACHES CLINIC SERIES

A must buy for anyone involved in the sport of wrestling! Coach Chertow shares over 10 hours of valuable information in this comprehensive coaching library.

WAYS TO ORDER:

1. WEARANDGEAR.COM
2. Call 814-466-3466
3. E-mail manager@wearandgear.com

Ken Chertow Wrestling & AdvoCare

We Build Champions!

KenChertowNutrition.com

AdvoCare products work for both wrestlers and anyone looking to get in better shape.

Coaches & Parents: If your athletes are currently using energy and hydration products like Gatorade, Powerade, and 5-hour Energy, consider AdvoCare products as a healthier, cost-effective replacement. Jump start your own weight loss plan with AdvoCare's 24-Day Challenge!

Contact us to learn about becoming a wholesale customer to receive a 20 percent discount on products throughout 2013, along with a FREE DVD of your choice!

WEAR AND GEAR

Prompt, Personalized Service & Low Prices

BRUTE

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