

## TEAM INFORMATION

A TEAM DISCOUNT OF \$15 PER PERSON is available for high school or middle school teams who bring 5 or more wrestlers. To qualify for the team discount, the applications and payments of all team members must be sent in together.

- Bedford Wrestlers qualify for the team discount and can send their payment for \$70.00 individually.

APPLICATIONS MUST BE POSTMARKED BY JUNE 10, 2009. Enrollment is limited.

Detach Application form and mail with check to:  
**BEDFORD HIGH SCHOOL**  
C/O ATHLETICS  
8285 JACKMAN ROAD  
TEMPERANCE, MI 48182

### Questions?

Call Mike Regnier at (734) 347-0507 or e-mail [bedfordwrestling@gmail.com](mailto:bedfordwrestling@gmail.com).



### Camp Fee

\$85.00

\$70.00 with Team Discount.

### Deadline

Application and Payment is due by June 10, 2009.

*We cannot refund camp fees for any reason.*

## THE STAFF

### TIM DERNLAN

Head Coach

Ashland University

3x Ohio State Champion

Ohio High School Hall of Fame Member

NCAA All-America, Purdue University

Olympic Trials Participant

### MATT DERNLAN

Director of Wrestling Operations

Penn State University

3x Ohio State Champion

Ohio High School Hall of Fame Member

NCAA Qualifier

### FEATURED GUESTS

- Bill Regnier, Guest Speaker  
Athletic Director, Bedford High School  
Former Head Coach, Bedford Wrestling, 1966-95
- Denny Brighton, Guest Clinician  
Head Coach, Bedford Wrestling, 1995 - Present  
2x Michigan State Champion • NCAA Finalist



2008 Forge Wrestling Camp Participants

## FORGING CHAMPIONS

### 2ND ANNUAL



**Bedford High School**  
**Temperance, Michigan**  
**June 17-18, 2009 • Grades 7-12**

# CAMP APPLICATION

Name: \_\_\_\_\_

Birth Date: \_\_\_\_ / \_\_\_\_ / 19 \_\_\_\_

Weight: \_\_\_\_\_ Grade/Age: \_\_\_\_\_

Shirt Size: \_\_\_\_\_ Team: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

*As a condition of admittance to Forge Wrestling Camp, the undersigned, individually and on behalf of all parents and guardians of the applicant, and for the applicant, hereby waives all claims and releases Forge Wrestling Camp, Bedford Wrestling, Bedford Public Schools, other participants, and their agents, employees or volunteers (collectively "the Camp") from any and all claims for injury or illness, physical or mental, and waives any right to recovery therefore. The undersigned expressly agrees to be responsible for any medical bills incurred on behalf of the applicant for any illness or accident and agrees to defend and indemnify the Camp from any claim made against it by the applicant or by someone on the applicant's behalf.*

Parent or Guardian: \_\_\_\_\_

Signature: \_\_\_\_\_

Day Time Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Check No: \_\_\_\_\_ Amount: \_\_\_\_\_

- Please Make Checks Payable to Bedford Wrestling.
- Full Payment is due with the Application.
- Applications are due June 10, 2009.
- Questions? Call Mike Regnier at (734) 347-0570.

Detach Application form and mail with check to:

**BEDFORD HIGH SCHOOL**  
**C/O ATHLETICS**  
**8285 JACKMAN ROAD**  
**TEMPERANCE, MI 48182**

# CAMP INFORMATION

## Overview

FORGE Wrestling Camp is an intense 2-day commuter camp designed for high school and middle school wrestlers. Current college coaches and wrestlers will teach you effective techniques and strategies that will help you succeed at this level and beyond. Besides demonstration and drilling sessions, speakers will cover topics such as mental preparation, conditioning, and college wrestling. All of this provides a unique training experience that will help a young wrestler forge the skills of a champion.

## About the Staff

Matt Dernlan is the Director of Wrestling Operations for Penn State University. Tim Dernlan is the head coach at Ashland University. Both were 3x Ohio State Champions and successful college wrestlers. As coaches at top wrestling programs, they have a wealth of knowledge to share with developing wrestlers.

## Curriculum

Day One • Takedowns, Riding and Pinning

Day Two • Takedown Defense, Bottom Wrestling

## Camp Schedule

8:00 - 9:00 Registration

9:00 - 11:30 1st Session

11:30 - 12:30 Lunch

(Lunch WILL NOT be provided. Please pack your own food.)

12:30 - 1:00 Featured Speaker

1:00 - 4:00 2nd Session

## What to Bring:

Head Gear  
Wrestling Shoes  
Lunch



# CAMP DIRECTIONS

## FORGE Wrestling Camp

June 17-18, 2009

8:30 a.m. - 4:00 p.m.

Bedford High School Gymnasium

## From I-75

- Take Exit 6, Luna Pier Road
- Turn West onto Luna Pier Road/M-151
- Go approximately 5.5 miles to Jackman Road
- Turn left (south) onto Jackman Road
- Go approximately 3 miles
- High School is second school building on right.

## From the North, US 23 South

- Take Exit 9, Summerfield Road
- Turn left (east) onto Summerfield Road
- Go 3 miles to Samaria Road/M-151
- Turn left on Samaria Road/M-151
- Go 3.5 miles to Jackman Road
- Turn right onto Jackman Road
- Go approximately 3 miles
- High School is second building on right

## From the South, US 23 North

- Take Exit 1, Sterns Road
- Turn right onto Sterns Road
- Go 5.5 miles to Jackman road
- Turn left onto Jackman Road
- Go approximately 1 mile
- High School is first school building on left.



FORGE Wrestling Camp will be held in the Bedford High School Gymnasium. The entrance is in back of the High School.