

# Philosophy

*Wrestling is the most physically and mentally demanding sport in athletics. No matter what your style of wrestling is.... Slick, psychological, funk, offensive, defensive.... In order to be successful consistently at this sport you have to be Tough. Tough in your training, Tough in with your discipline, Tough in your competing.*

*You have to be willing to pay the price in the wrestling room and in the weight room. You must learn to eat to fuel the body properly as well as to obtain your optimal performance weight. You must set personal goals for training and performance as well as team goals. It is crucial you are disciplined with*

## The FORMULA

*The formula is simple... staying disciplined every single day is what becomes tough. Success is not a guarantee, but being tough will give you the best opportunity to accomplish your DREAMS: Toughness makes DREAMS a reality!*

*The Season Starts HERE!!!*

**Darrick Roberson**  
**3749 Bobbitt Place**  
**Shreveport, LA 71107**

**LOYOLA COLLEGE PREP  
NEXT LEVEL WRESTLING CAMP 2014**

**Lee Pritts'**



### 15 Years Division I Coaching

- \* University of Missouri 9 years
- \* Old Dominion University 3 years
- \* North Carolina State 2 years
- \* Currently- Arizona State
- \* NCAA All-American
- \* 2X Florida State Champ

**Loyola College  
Prep High School**

**June 18 - 22  
Shreveport Louisiana**

# Schedule

**9-11 Session 1**

Technique/Drilling/Conditioning

**11-12 Lunch (Will be provided)**

**12-12:45 Session 2**

Classroom Setting

**12:45-3:00 Session 3**

Technique/Drilling/Conditioning

**“ You are more than welcome to stay at the end of camp to go live.”**

**DAY 4**

*“King of the Jungle Wrestling Tournament”*

**Classroom Sessions**

**Goal Setting** — I will teach you a systematic approach to set goals for yourself and your team

**Nutrition**— I will teach you to eat to fuel your body for training and competition, while eliminating unnecessary body fat.

**Strength & Conditioning**— I will teach you to get strong and in great wrestling shape with limited resources.

**Q & A**— This is always a great session because you get to talk about anything you like. Always a favorite amongst campers and coaches

**Contact Info**

**(318) 218-2635**

# Registration

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Email: \_\_\_\_\_

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

I hereby give my full consent and approval for my child to take part as a member of The Next Level Wrestling Camp Staff, Lee Pritts, and its representatives for any injury suffered in the normal course of participation.

Parent/Guardian Signature:

\_\_\_\_\_

# Staff

**Lee Pritts**— I will be the lead instructor in all sessions. I have a very systematic , step by step approach to teaching wrestling. This makes it easy to learn and execute.

**Darrick Roberson**— Loyola College Prep Head Coach, 2 Michigan State Champs, 5 Michigan State Placers, and a Louisiana State Placer.. Delaware State Champion. All American.

**Please make Checks payable to:**

Darrick Roberson  
Cost: \$150 Per Athlete  
Discount \$20 each for multiple family members  
Team rates: \$1000 per team

**Mail to: Darrick Roberson  
3749 Bobbitt Place  
Shreveport, LA 71107**

- \* Checks must be received 14 days prior to start of camp
- \* Day of registration Available –CASH ONLY

# Location

Loyola College Prep High School  
921 Jordan St  
Shreveport, LA 71101