

WELCOME BACK TO CAMP!
WE ARE EXCITED TO BE BACK WRESTLING.

TECHNIQUE MATS AND CHALLENGE MATS - During each dual competition session there will be mats available for your wrestlers to get additional matches or seek advice on a technical area where they feel they need to improve. Our Lycoming College wrestlers will be available after every session for wrestlers who want to do more to be successful. In addition, we will set up optional technique areas for wrestlers to choose the areas of technique that

MEDICAL HISTORY FORMS: A medical history form will be sent upon receipt of your application and the \$100 NON-REFUNDABLE deposit. There are no refunds. You will not be allowed to wrestle if you come to camp with a skin infection. It is not required that campers be seen by a medical doctor to fill out this form. EVERYONE WHO ATTENDS THE CAMPS MUST HAVE THEIR OWN HEALTH INSURANCE.

HOUSING: Campers are housed in the Lycoming College residence halls with counselors and staff members assigned to each floor to provide supervision. Campers are responsible for bringing their own bedding, towels and pillows. All meals are served by the College's dining service, Parkhurst.

PAYMENT: A \$100 NON-REFUNDABLE deposit must accompany your application (No Refunds). The balance is due in our office at least two weeks prior to the beginning of your week of camp. Any balance that is still due on the day of registration will incur a late fee of \$20. Returned check fee: \$45. All credit card payments must be made in full and are only accepted online. +\$10 Banking Fee on all Credit Card Payments via PayPal. Checks payable to: Roger W. Crebs.

7:00 am	-	8:00 am
9:00 am	-	11:30 am
12:00 pm	-	1:00 pm
2:00 pm	-	4:30 pm
5:00 pm	-	6:00 pm
7:00 pm	-	9:30 pm
9:30 pm	-	10:00 pm
10:30 pm	-	11:00 pm
Breakfast		
Wrestling Session		
Lunch		
Wrestling Session		
Dinner		
Wrestling Session		
Recreation		
Room Check & Lights Out		

CAMP JUNE 20 - 23, 2026 - DAILY SCHEDULE:

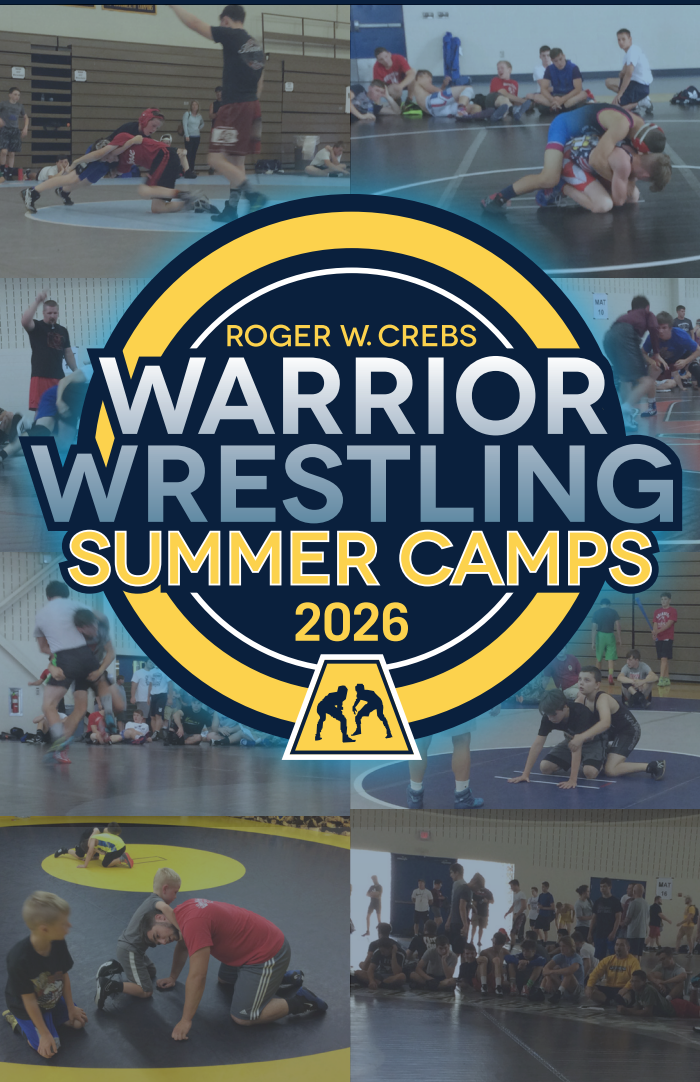


Roger W. Crebs
Warrior Wrestling Camps
One College Place
Campus Box 143
Williamsport, PA 17701



CONTACT INFORMATION:
Roger W. Crebs
570.321.4264 or
crebs@lycoming.edu
CHECK US OUT ON THE WEB AT:
WWW.TEAMLYCO.COM

CAMP INFO



SUMMER CAMP AT LYCOMING COLLEGE

TEAM CAMP
JUNE 20-23, 2026



REGISTER

WWW.TEAMLYCO.COM



Our goal is to provide you with an outstanding week of camp. The staff have been chosen for their knowledge of the sport, their helpfulness, and their courteous attitudes. The Roger W. Crebs Warrior Wrestling Camps are designed to combine fun and fundamentals. We try to finish each day by 9:30 p.m. Warrior Wrestling Camps teach effective wrestling techniques and tools you will need to reach your goals.

Three-time Middle Atlantic Conference Coach of the Year... Two-Time NCAA Div. III Coach of the Year... Led Lycoming to Five MAC Conference Championships... Won 2010-11 & 2014-15 Robb Curry, Jr. Coach of the Year Award... 2011 District 4 Wrestling Hall of Fame inductee... 2012 NWCA Division III Hall of Fame inductee... Over 26 straight winning seasons under his tutelage... 465 dual meet wins, coached 46 conference champions, 29 All-Americans, and nine of the schools 100-match winners... Crebs graduated from Lycoming College in 1987 and was a three-time MAC champion from 1984-86.

Roger W. Crebs
Lycoming College Head Wrestling Coach



CAMP DIRECTOR

WHY ATTEND?

- The Best Coaching Anywhere!!!
- Personal attention from our award winning staff
- The Best Value at the Best Prices in the area
- Fabulous food - ALL YOU CAN EAT!
- Team and tournament competition
- Conditioning and Nutritional Instruction
- Supervised residence halls
- Certified Athletic Trainers at ALL Sessions
- FREE Camp T-shirt
- Camp Store
- 20 full-size wrestling mats



WWW.TEAMLYCO.COM



FEATURING TEAM CAMP
SPECIAL GUESTS



Held on the
campus of
**Lycoming
College**
Williamsport, PA

EASY TO REACH LOCATION IN NORTH CENTRAL, PENNSYLVANIA
Lycoming College, One College Place, Williamsport, PA 17701

Approximate Driving Time From Selected Areas (in hours)							
Allentown	2.5	Lancaster	2.5	Altoona	2.0	Philadelphia	3.5
Baltimore, MD	3.5	Pittsburgh	4.0	Elmira, NY	1.5	Reading	2.5
Rochester, NY	3.0	Erie	5.0	Harrisburg	2.0	Washington, DC	4.0

ATTEND TEAM CAMP AT LYCOMING COLLEGE

JR HIGH & SENIOR HIGH
TEAM CAMP

\$350/\$290

Resident/Commuter

TEAM CAMP: GRADES 5TH - 12TH (June 20-23)

The team concept is a philosophy that produces winners. The goal of these sessions is to provide an opportunity for high school and junior high school teams to work against outside competition during the summer and at the same time develop team unity. The system used at the Warrior Team Camp gives each team the opportunity to wrestle almost an entire season of matches during the week of camp. The instructional sessions will cover takedowns, pinning, escapes, reversals, mental attitude, strength development, nutrition and weight loss. INDIVIDUALS ARE ALSO WELCOME!!!

RESIDENT CAMPERS: \$350.00 COMMUTER CAMPERS: \$290.00

Coaches Information and fee:

Coaches fee is \$115 for less than 12 campers
12-17 paid campers entitles 2 free coaches at camp.
18-23 paid campers entitles 3 free coaches at camp
24 or more paid campers entitles 4 free coaches at camp

Special Rates will apply to the following:

- Two or more applicants from the same family.
- Groups of thirteen or more (in order to receive group discount, groups must send in applications together in one envelope; those applications received individually will not be given the special discount)



REGISTER



REGISTRATION

Name _____
Address _____
City _____
State _____ Zip _____
Home Phone _____
Parent's Cell _____
Age _____ Grade in Sept. 2026 _____
☐ Male ☐ Female
Weight _____ School _____
☐ Junior High ☐ Senior High
Coach _____ Roomate _____

Warrior Wrestling Summer Camps 2026
June 20TH - 23RD

Cost: ☐ \$350 Resident ☐ \$290 Commuter

I, the undersigned, individually and as a parent/guardian of _____ (camper) a minor, request that he/she be admitted to participate in the Warrior Wrestling Camps. I do hereby agree to release, discharge, and hold harmless Lycoming College, the Warrior Wrestling Camps, their owners, agents, and employees from all causes, liabilities, damages, or claims in the course of competition and/or activities held in connection with the sports camp.
I understand that a camper who does not abide by the rules and regulations promulgated by the camp or college is subject to discharge without reimbursement or recourse.

All postal registrations must include a non-refundable cash or check deposit of \$100. Checks payable to: Roger W Crebs. Return check fee is \$45. NO REFUNDS.
Online registration available at www.teamlyco.com. Credit car payment accepted for online registrations only. Payments must be in full and incur a +\$10 processing fee.

Parent/Guardian Signature Required:

X _____

MAKE CHECKS PAYABLE TO: ROGER W. CREBS

Mail application with payment to:
Roger W. Crebs Warrior Wrestling Camp
Lycoming College
One College Place • Campus Box 143
Williamsport, PA 17701

WWW.TEAMLYCO.COM