

Philosophy

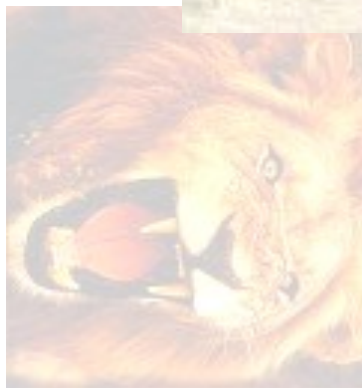
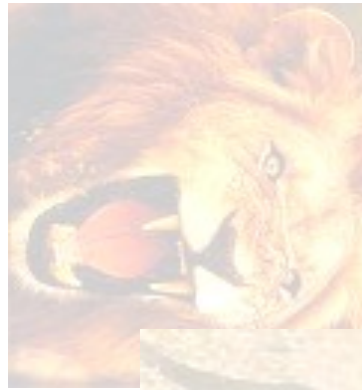


Wrestling is the most physically and mentally demanding sport in athletics. No matter what your style of wrestling is... slick, physical, funk, offensive, defensive... In order to be successful consistently at this sport you have to be Tough. Tough in your training, Tough with your discipline, Tough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

The formula is simple... staying discipline 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!



Lee Pritts
8908 Juaquin Lane
Raleigh, NC 27604

(919) 909-2641
Lee_Pritts@ncsu.edu

Lee Pritts' *King of the Jungle* Wrestling Camps



13 Years Division 1 Coaching at
University of Missouri, Old Dominion University, and Currently at North Carolina State
NCAA All-American
2X Florida State Champ

2011
TECUMSEH, MI
June 21-24
Tecumseh High School

King of the Jungle Wrestling Camps— “It’s good to be the King!”

REGISTRATION

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

Parent/Guardian: _____

Work Phone: _____

Participant Signature: _____

I hereby give my full consent and approval for my child to take part as a member of the King of the Jungle Wrestling Camp. I hold harmless the KOTJ Camp Staff, Lee Pritts, and its officers and representatives for any injury suffered in the normal course of participation.

Parent/Guardian Signature: _____

Please make checks payable to

Lee Pritts

Cost: \$150 Per athlete

Discount: \$20 each for multiple family members

Mail to: Lee Pritts
8908 Juaquin Lane
Raleigh, NC 27604

Day of registration available—CASH ONLY

SCHEDULE

9–11 am Session 1
Technique/ Drilling/ Conditioning

11– Noon Lunch (on your own)

Noon– 12:45 Session 2
Classroom Setting (info below)

12:45– 3pm Session 3
Technique/ Live/ Conditioning

20 hours of instruction for only \$150

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 would like. Always a favorite amongst campers and coaches.

Questions: Lee_Pritts@ncsu.edu

(919) 909-2641

STAFF



Lee Pritts

17 NCAA All-Americans

51 NCAA Qualifiers

2 NCAA Champs

4 NCAA Finalists

1 JR World Champ

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.

Casey Randolph — Tecumseh High School

7 X Regional Coach of the Year, EMU Letter Winner, Michigan State Champ

Tony Greathouse— Tecumseh High School

MSU Letter Winner, MSU Team Captain, 3X Michigan State Champ, Michigan State Champ

Location

Tecumseh High School

760 Brown Street

Tecumseh, MI 49268