



Summer 2011  
Resident Training Program

**FACT SHEET**

**Where:**

Wrestling Prep Facility (6080 Hellyer Ave, San Jose, CA 95138) 45 minutes south of San Francisco – 45 minutes west of Santa Cruz – 90 minutes north of Monterey Bay. Accessible by San Jose, San Francisco & Oakland Air Ports.

Depending on the number of wrestlers in residence during a given week, they are either housed in a residential home of the director or the club's primary members residence or in the facility itself.

**Resident Training:**

A resident day is 6 hours a day of wrestling. 2 hours minimum instruction with top clinician as CC Fisher (see bio). 2 hours of live wrestling with College and Local Wrestlers (usually HS State Placers and above) and with other residents training. Additional 2 hours as needed of technique or technique driven yoga/gymnastics for wrestling. If the resident is preparing for an immediate competition road work, sprints & swimming will be added accordingly.

In addition to CC Fisher, other Clinicians and Counselors are in residence. This includes but is not limited to Matt Valenti 2X NCAA Champion 3X Finalist & Head Assistant Coach at University of Pennsylvania, Matt Storniola 2X NCAA All American Oklahoma State & Head Assistant Coach at Northwestern University and 2011 & 2010 NCAA All American's such as Jason Welch, Ryan Flores & Nikko Triggas. Can accommodate special instruction request and associated work out product and partners. Please see date list who is currently scheduled to be in residence during that time frame.

During an average week, over 200 wrestlers work out in some capacity at Wrestling Prep. The breakdown of those wrestlers is approximately 80% between the ages of 13 to 20. Approximately 50 % are section placers and above (high school) or college wrestlers (juco thru div 1). Of that 50 % approximately 1/2 or 25% are state & national HS Champs

**Facility:**

6000 Sq Ft – 4500 Sq Ft of Mat  
4 Showers – 2 Bathrooms  
Washer – Dryer (no charge)  
2 Lounges – Flat Screens – Play Stations  
Wireless Internet  
2 Refrigerators – 1 Freezer – 2 Microwaves  
Towels supplied

\* Regional Training Status - USA Wrestling Pending

\* Please contact us on 650 245-3533 or [carolyn@wrestlingprep.com](mailto:carolyn@wrestlingprep.com) with any questions.

### **Summer 2011 Dates**

Please Note that we accept wrestlers for any length of time and they do not have to be weekly. Please contact us at 650 245-3533 or [carolyn@wrestlingprep.com](mailto:carolyn@wrestlingprep.com).

Week One	June 24 thru June 30
Week Two	July 1 thru July 7 ~
Week Three	July 8 thru July 14 *
Week Four	July 15 thru July 21
Week Five	July 22 thru July 28 ~ ~ ~
Week Six	July 29 thru Aug 4 *
Week Seven	Aug 5 thru Aug 11 ~ ~
Week Eight	Aug 12 thru Aug 18 ~

\* Match Nite Occuring at Facility during this Week  
~ Additional Camp Overlap (we will be adding more camps)

If you have an interest in Specific Camps @ Wrestling Prep separate from the Resident Training Program please contact us at 650 245-3533 or [carolyn@wrestlingprep.com](mailto:carolyn@wrestlingprep.com)

### **Instructors / Counselors:**

All Instructors & Counselors Confirmed – Dates may vary or TBD based on their summer International or Collegiate Training Schedules - References & Bios Upon Request

CC Fisher (Year Round)  
Matt Valenti - Week Two – Week Five – Week Six  
Matt Storniolo - Week Five  
Carolyn Wester (Year Round)  
Jason Welch – Week Seven  
John Hall – Week One – Week Five  
Ryan Flores – TBD (Two Week Commitment)  
Nikko Triggas – TBD (Traditionally Two Week – Past 4 Years)  
Hunter Collins – Week Seven – Week Eight  
David Klingsheim – TBD (Traditionally Two Weeks – Past Year)  
Hunter Meys - TBD  
Navid Bagheri - Week One thru Week Eight (currently recovering surgery)  
Joey Wilson – Week Two thru Week Five  
Dominic (Nico) Kastl – TBD – On Call  
Vinnie Moita - TBD  
Cody Rodebaugh – Week One thru Week Eight – On Call  
Dane Stevens – On Call  
Geoff Doss – On Call  
Stephan De La Cruz – On Call

**Work Out Partners:** A large percentage of the best High School and College Wrestlers in and from California / North Carolina train Off & In Season at Wrestling Prep.

### **What to Bring:**

Sleeping Bag & Pillow (or money to purchase cheaply at Walmart/Kmart)

Three sets of work out clothes per day (washer & dryer on facility - no charge)  
Bathing Suit - Beach Wear