



SPANIARD'S MINDSET TOUGHNESSCAMP

JUNE 2-4, 2017 • PENN STATE HARRISBURG CAMPUS - MIDDLETOWN, PA

This camp is designed for ambitious, driven high school athletes who are eager to push their physical and mental limits. It doesn't matter if you're a state champion or on the junior varsity team, this camp is about hard work, values and excellence; that is what will be required of you. You will be pushed to the edge. I will challenge you physically and mentally, forcing you to dig deep and find out who you are at your core.

Excellence is not something that exists just on the playing field, it exists in everything you do. Spaniard's Mindset/ Toughness Camp is not about creating champion athletes, it's about creating champions in life.

- Charlie "The Spaniard" Brenneman

DON'T JUST LEARN FROM, TRAIN WITH A WORLD-CLASS ATHLETE AND MENTOR.

"I won't be standing on the sidelines telling you what to do, I'll be in the trenches with you, pushing my limits as you push yours. Experience the intensity it takes to compete at a world-class level." - Spaniard

IN THIS CAMP YOU WILL...

- Develop the mindset and toughness required to break into the top 1% of athletes
- Challenge your physical and mental limits through systematic physical training and detailed mindset curriculum
- Form and develop relationships with elite competitors just like you - competitors committed to EXCELLENCE

Included Upon Camp Completion: Signed copy of Driven: My Unlikely Journey from Classroom to Cage and Limited 2017 Spaniard Mindset/ Toughness Camp Tshirt.

To register online ([Click Here](#))

For FAQs and more info, visit: www.charlie-brenneman.com/toughcamp

CHARLIE
The Spaniard
BRENNEMAN

SPANIARD'S MINDSET TOUGHNESSCAMP

WHEN: JUNE 2-4, 2017

WHERE: PENN STATE HARRISBURG CAMPUS - MIDDLETOWN, PA

FOR: MALE ATHLETES, GRADES 9-12 (2017 SCHOOL YEAR)

COST/DURATION: \$499 - FRIDAY EVENING - SUNDAY AFTERNOON

FOOD/LODGING: AT PSU HARRISBURG

FAQS: VISIT WWW.CHARLIE-BRENNEMAN.COM/TOUHCAMP

SIGN UP: CLICK [HERE](#)



SPANIARD BIO:

Charlie "The Spaniard" Brenneman is a professional mixed martial arts fighter, speaker, mentor and author. Following a successful high school wrestling career, Charlie took his talents to Lock Haven University where he achieved a top 12 finish at Division I Nationals and 1st Team All-Academic. After teaching Spanish for three years and winning Spike TV's Pros vs. Joes, Charlie decided to leave his job to pursue a master's degree and begin his professional fighting career—"The Spaniard" was born. In 2011, he was ranked as high as #7 in the world, and in 2015, he published his autobiography, *Driven: My Unlikely Journey from Classroom to Cage*. Charlie currently lives in PA with his wife and daughter.

WHY SPANIARD'S MINDSET/TOUGHNESS CAMP?

Note from a grandparent (Bob Dinan):

I was referred to Charlie by close friends. I was looking for a private lesson for my grandson, Derek, who is a senior in high school and is getting ready for the wrestling season. I communicated with Charlie and he came up with a plan that incorporated a multifaceted training session. The session was dynamic and challenging and pushed them both to the limit. By working out with Derek, Charlie became a partner and not just an observer, and that changed the tone and intensity of the program. Derek was absolutely thrilled and could not stop talking about how tough and demanding it was. Before, during and after the workout, Charlie provided great mentoring and coaching advice: goal setting, mental attitude, positive approaches to problems, etc. The entire experience was beyond expectations. If we didn't live seven hours away, Derek would be on a regular schedule with Charlie.

As a former teacher and wrestling and football coach, I have come in contact with countless people in those positions. Rarely have I met someone as impressive as Charlie. He has a positive energy that is both engaging and admirable. He is a great listener and has a quiet confidence that makes him an outstanding coach and mentor. I would recommend Charlie without reservation for those who desire working with a highly accomplished athlete and an experienced communicator.