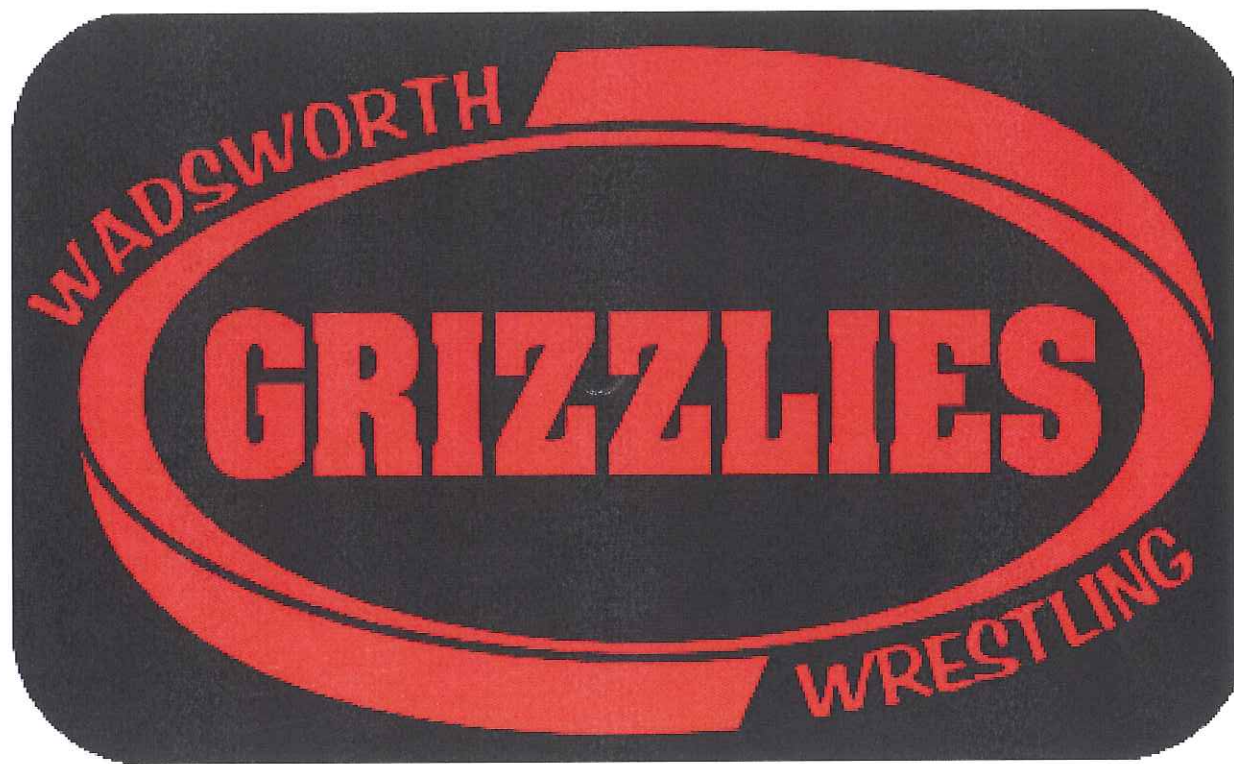


WADSWORTH WRESTLING



2010 SPRING/
SUMMER
PROGRAM



2010-2011 Wadsworth Grizzly Wrestling Schedule



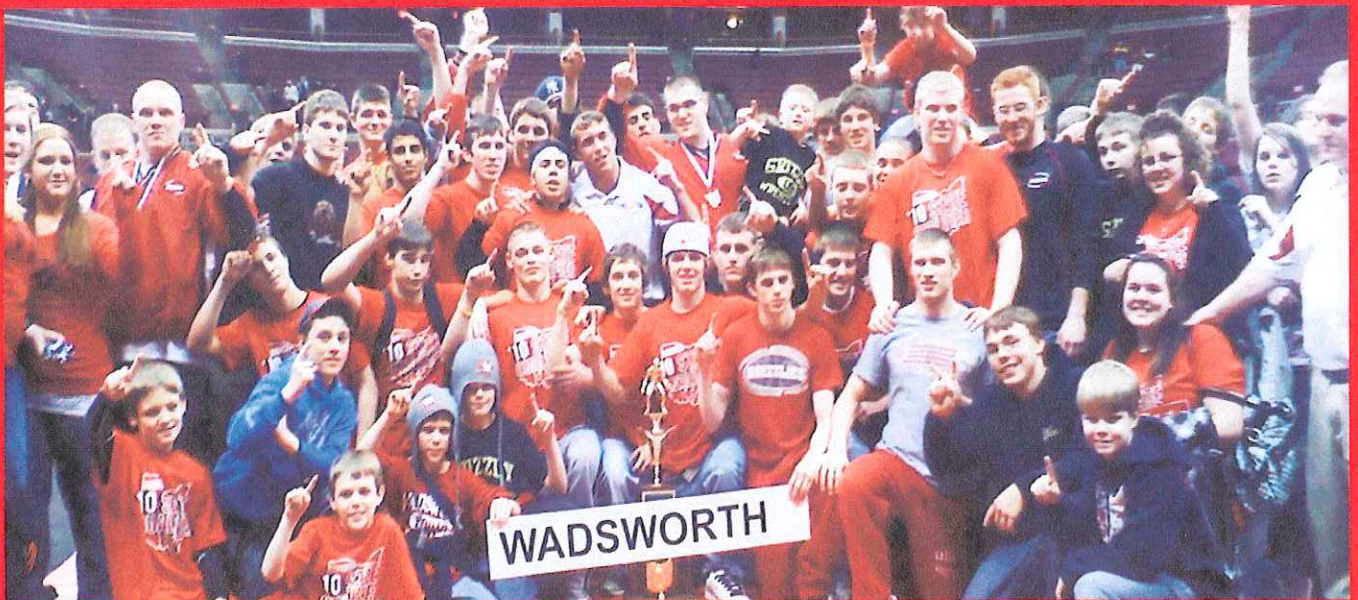
November 26	Preview @ Padua
December 4	Moeller Duals @ Cin. Moeller HS
December 10,11	Asics Ironman Tournament @Walsh Jesuit
December 16	Suburban Tri-(@) Barberton/Highland Cloverleaf
December 17,18	North Canton Tournament
December 29,30	Brecksville Holiday Tournament
January 6	Suburban Tri-@ Tallmadge/ Revere
January 9	State Duals @ Wadsworth
January 20	Suburban Tri-H/ Green /Copley (Senior Night)
January 27	Suburban Dual- @ Barberton
January 29	GIT
February 4	@ Paris Graham
February 12	Suburban League Tourn. @ Barberton
February 18,19	Sectionals @ Medina
February 25,26	Districts @ Massillon PerryHS
March 3, 4, 5	State Tournament @ Columbus

We know what it takes;
We can repeat?

WORK TO THE SCHOTT !



STATE WRESTLING TOURNAMENT
MARCH 3,4,5
2011



**“WE know what it takes...
WE can repeat.”**



WHS WRESTLING

Summer 2010 Wrestling Schedule



WHS WRESTLING

Mon-Wed Fri: 3 days of Weightlifting per week

Spring Hours 6:00AM/3PM Monday, Wednesday, Fridays

Summer Hours: 7:00 -8:00AM MWF

Thursday evenings: Open Wrestling Wadsworth (7:00-8:00PM)

June 4 Tavanello's Swim Party

June 7 Wadsworth Aeros Community Night 7 PM

June 9-11 Wadsworth All-Ohio All American Camp 9:00 -1:00PM

June 22 Wadsworth Blue Tip Parade 5 PM

June 27-July 2 U of Michigan's Team Camp

June 27-July 2 Ohio State Team Camp

"4 more hours than

the rest"

Let's be the

1st public school

to repeat at State Champions

since 1974

**“We know what takes;
We can repeat”**

2010-2011 TEAM GOALS

**“WE know what it takes,
We can repeat”**

1. Win another Team State Championship/Parade in town/ Unveil another banner
2. Match or top 4 Individual State Championships/Match or top 9 State placers
3. Win Suburban League 19 in a row Place all 14/Match more than 11 champs
4. Continue the great wrestling tradition of Wadsworth.
5. Lift weights like we have never lifted before.
6. Attend Open Mats every Thursday 7-8 pm
7. Attend Freestyle Club Tuesday and Thursdays 6:00-8:00PM Sat. Tournaments
8. Wrestle or work at the Freestyle and Greco State Championship :May 15 /16
Need volunteers: Goals: Raise money for help on Ohio team, Disney Duals, Fargo, U of Michigan's camp, OSU Underclassman Team Camp
9. Attend or work Wadsworth All American/ All State SKILLS Camp June 9--11.
All Staters are invited counselors
10. Attend either University of Michigan's Team Camp June 27- July 1 or Ohio State Underclassmen Team Camp June 27- July 1. You should be at one major camp this summer.
11. Keep our togetherness: Challenge Course, Clay's Park, Paintball, Cedar Point, Geauga Lake Waterpark, Summer outing, Aeros Game Night Out for wrestlers, Little Sis, parents and alumni, Some Senior outing
12. Continue Beefed up the schedule.
13. Continue to send our seniors to college and produce leaders, wrestlers and National Qualifiers and ALL AMERICANS.
14. Participate in other sports and school organizations

Wadsworth Wrestling

2010-2011

Captain Consideration

DOES HE...

LEAD BY SUPERIOR ATTITUDE to himself, teammates, and coaches

RESPECT himself, teammates, and coaches

BELIEVE IN himself, teammates, and coaches

EXHIBIT WORK ETHIC with himself, teammates, and coaches

HAVE THE ABILITY TO MOTIVATE himself, teammates, and coaches

DO OTHERS...RESPECT, BELIEVE, OR ARE MOTIVATED BY HIM?

HOW MANY OF THE FOLLOWING CATEGORIES DOES HE POSSESS?

- | | | |
|------------------|--------------------------|-------------------------|
| State Champion | •Offseason wrestling | •Off season camps |
| •State Placer | •Freestyle participation | •Grades |
| •State Qualifier | •USA All-American | •Good citizenship |
| •District Champ | •USA National Champ | •Coach recommendation |
| •Sectional Champ | •Weight room attendance | •Coach nomination |
| •Suburban Champ | •Open Mats attendance | •Teacher recommendation |
| •Suburban Placer | •Folkstyle tournaments | |

PIE OF SUCCESS

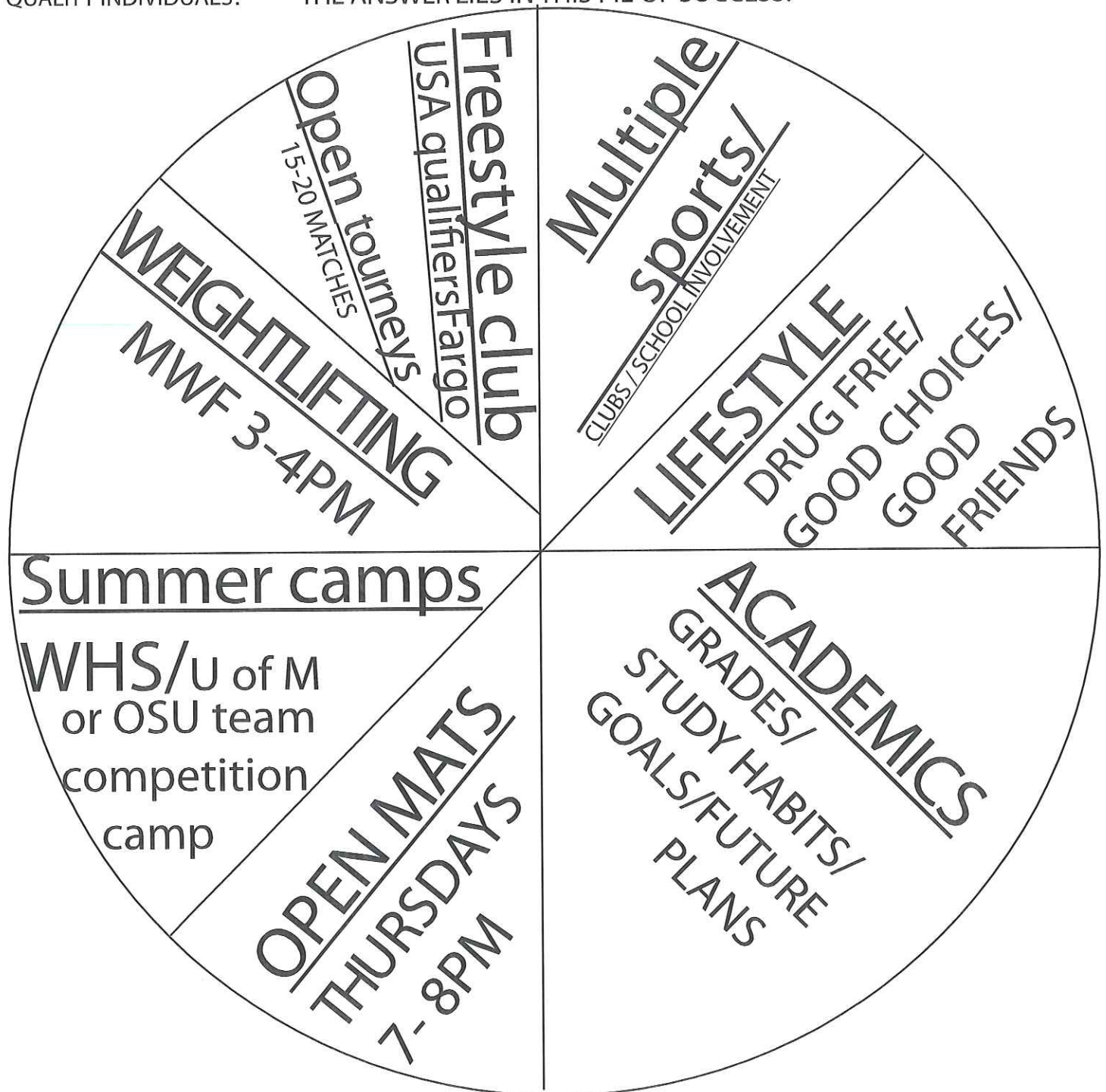
DEAR WRESTLER,
CONGRATULATIONS ON A FANTASTIC SEASON. ALL OF YOU ARE PART OF A NATIONALLY RANKED,
STATE-RANKED AND CHAMPIONSHIP PROGRAM.

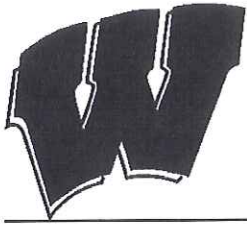
I HAVE ENCLOSED SOME INFORMATION ON THE SPRING AND SUMMER.

TRY TO READ THE INFO, IT WILL HELP YOU BECOME A CHAMPION, NOT JUST IN WRESTLING
BUT IN YOUR OTHER SPORTS, AS WELL

IF YOU HAVE ANY QUESTIONS PLEASE CALL COACH G AT 330-606-1064.

WHAT HAS MADE GRIZZLY WRESTLING NATIONALLY AND STATE RANKED AND PRODUCED
STATE CHAMPS AND STATE RUNNERS-UP, STATE PLACERS, STATE QUALIFIERS, DISTRICT QUALIFIERS, AND 18
CONSECUTIVE SUBURBAN LEAGUE TITLES ALONG WITH GRADUATING WELL- ROUNDED
QUALITY INDIVIDUALS? THE ANSWER LIES IN THIS PIE OF SUCCESS.





Open Mats

Thursday Session



6:30PM

Doors Open

6:45-7:00 PM

Stretches

7:00-7:15PM

Jog laps & tumbles
25 Favorite Takedowns

7:15-7:30PM

Live Takedowns

7:30-7:45PM

Live Takedown Rides

7:45-8:00PM

3- 5 Min. Matches

8:00-8:15PM

Warm down

8:00-8:15PM

Ropes, pushups.pullups

Team Meeting

Working on
Suburban
League Title
#20

*“We know
what it takes...
We can repeat”*

**Wadsworth
All-State All-American
3 day Wrestling Camp**

**Instruction by College and
High School Coaches and Wrestlers**

**JUNE 9th-11th
9:00am-1:00pm**

Wadsworth Wrestling ROOM

Call Coach Gramuglia 330-336-7091 for details.

Mark the date now!!!!

Wadsworth's State Freestyle Tournament

We will need volunteers to help our
annual tournament fundraiser be successful!

Saturday, May 15 and
Sunday, May 16

8:00 am- 6:00 pm

@ Wadsworth High School

A Youth club representative
will be calling soon!

Call Coach Gramuglia 330-336-7091 for details.


Mark the dates now!!!!


U of Michigan Team Camp



 **When:** Sunday, June 27- Thursday, July 1

 **Where:** University of Michigan

 **How:** Be sure to contact Coach Gramuglia and send in your \$100.00 deposit.


 **What:**

- Wrestle 20 individual matches
- Wrestle dual meets from teams from all over the country
- Learn new techniques from high school and college wrestlers and coaches
- ** Training and lift in the off season
- Have fun and get to know your teammates and coaches

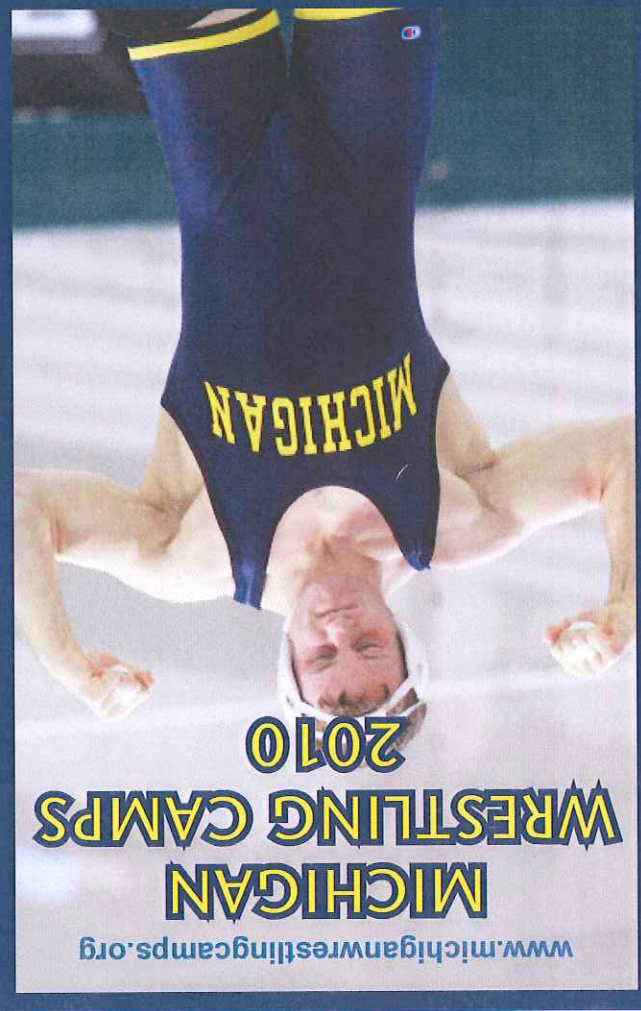
 **What to bring:**

Sleeping bag, bedding, lots of work out clothes, soap and shampoo, wrestling shoes, headgear, snacks, playing cards, and other necessary items

 **Departure:** Meet at Wadsworth HS Sunday June 27 at 11:30AM

 **Return:** We will be arriving back Thursday evening

 **Cost breakdown:** Total \$ 425.00



NON PROFIT ORGANIZATION
US POSTAGE PAID
ANN ARBOR, MI
PERMIT NO. 29

2010 Michigan Wrestling Camps
Michigan Wrestling Office
1000 S. State Street
Ann Arbor, MI 48109-2201



2010 Michigan Wrestling Camp Schedule

Competition & Team Camp	June 27-July 1
Technique Camp	July 11-15
Advanced Training Camp	July 11-15
Technique Camp	July 11-15
Heavyweight Camp	July 11-15
Lif/Wolverine Commuter Camp	July 11-14
Take-down Commuter Camp	July 19-21
2010 Ohio Commuter Camp @ Lakewood St. Edward HS (see website for details)	July 6-8

For information on all of our camps, visit our website: www.michiganwrestlingcamps.org

MICHIGAN CAMP STAFF

The Michigan wrestling program is consistently one of the top programs in the country! All members of the staff, from the clinicians, trainers, camp counselors and current University of Michigan wrestlers, were chosen for their knowledge, helpfulness and desire to teach young wrestlers. We teach all facets of wrestling and ensure that each wrestler enjoys the entire week of camp. Our goal is to develop and maximize wrestling skills and talents by offering the personalized training that is important in becoming a championship-caliber wrestler.

CHECK OUT OUR QUALITY CAMP STAFF

Following is a list of a few members of our world-class staff you can expect to work with at camp (additional coaches may be added):



JOE MCFARLAND
• University of Michigan Head Coach
• Four-time All-American (Michigan)
• World Silver Medalist
• World Cup Champion



KIRK TROST
• University of Michigan Assistant Coach
• NCAA Champion (Michigan)
• Two-time All American
• World Cup Champion
• World Bronze Medalist



MIKE KULCZYCKI
• University of Michigan Assistant Coach
• NCAA All-American (Michigan)
• U-M Team Captain
• 2x Ohio High School State Champion



RYAN CHURELLA
• Three-time All-American (Michigan)
• NCAA finalist
• Three-time Big Ten Champion
• U-M Team Captain



JOSH CHURELLA
• Three-time All-American (Michigan)
• NCAA finalist
• Big Ten Champion
• U-M Team Captain



TYREL TODD
• Three-time All-American (Michigan)
• Big Ten Champion
• U-M Team Captain

Our counselors are all current U of M wrestlers, including:

Anthony Blando - NCAA Qualifier, 3x Michigan State Champion
Sean Boyle - Senior HS National Champion, 2x National Prep Champion, 2x Massachusetts State Champion
Hunter Collins - California State Champion
Eric Grajales - 2x FILA Jr. World Team Member, 4x Florida State Champion, Junior Freestyle National Champion, 4x Fargo Greco-Roman National Champion
Dave Johnson - Michigan State Champion
Kellen Russell - NCAA All-American, 2x Big Ten Champion, Senior HS National Champion, Junior Freestyle National Champion

Erich Smith - 3x Michigan State Champion
Zac Stevens - Michigan State Champion
Mark Weber - 4x Michigan State Champion
Brandon Zeerip - 2x Michigan State Champion
Justin Zeerip - NCAA Qualifier, 4x Michigan State Champion
Dan Yates - Senior HS National Champion, 3x Michigan State Champion

And other additional Wolverine wrestlers!

For detailed camp information or online registration, please visit our website: www.michiganwrestlingcamps.org

2010 MICHIGAN WRESTLING CAMP AND COACH APPLICATION

Name _____ Date of Birth _____

Home Address _____

City _____ State _____ Zip _____

Home Phone (____) _____ Parent's Work Phone (____) _____

Emergency Phone (____) _____ Male Female

Parent's Name (print) _____

Parent's Signature _____

E-Mail Address (please print) _____

Student's Signature _____ T-Shirt Size _____

School Attending _____

Age (while at camp) _____ Upcoming Year in School _____

If applicable, Wrestler Group Discount (circle one): \$10 (5-9) \$15 (10-19) \$20 (20+)

Coaches Rates (circle one): \$220 (regular) • \$195 (5-9 wrestlers)
\$175 (10-19 wrestlers) • 1 coach free/additional coaches \$145 (20+ wrestlers)

Groups and Coaches must send in applications together to ensure group discount. Also, please check out our online registration!
Mail Applications to: Michigan Wrestling Camps LLC, 1000 S. State St., Ann Arbor, MI 48109-2201

Check the camp(s) you will attend:

- Competition & Team Camp June 27-July 1
- Technique Camp July 11-15
- Advanced Training Camp July 11-15
- Heavyweight Camp July 11-15
- Lif/Wolverine Commuter Camp July 12-14
- Take-down Commuter Camp July 19-21

Check one of the following:

- Resident (stay in dorm)
- Commuter
- Coach

Make Checks Payable to:
Michigan Wrestling Camps LLC

DISCLAIMER OF LIABILITY

The University of Michigan, its Athletic Department and its staff do not assume liability for any injuries sustained while at camp or on the way to camp. Parents should contact their own insurance carrier for various additional insurance for the camper, if necessary. As a condition of enrollment, the following Disclaimer of Liability must be signed and dated by the camper's parent or guardian.

THE CAMPER, BY ATTENDING THE WOLVERINE WRESTLING CLINIC AND BY USING THE UNIVERSITY OF MICHIGAN FACILITIES DOES SO AT HIS OWN RISK. THE UNIVERSITY OF MICHIGAN, ITS ATHLETIC DEPARTMENT AND ITS STAFF SHALL NOT BE LIABLE FOR DAMAGES ARISING FROM TEMPORAL INJURY SUSTAINED BY THE CAMPER DURING THE CLINIC OR AT THE FACILITIES. THE CAMPER AND HIS PARENTS ASSUME FULL RESPONSIBILITY FOR ANY DAMAGES OR INJURIES WHICH MAY OCCUR TO THE CAMPER DURING THE CLINIC SESSION AND SO HEREBY FULLY AND FOREVER EXEMPT AND DISCHARGE THE UNIVERSITY OF MICHIGAN, ITS ATHLETIC DEPARTMENT, ITS STAFF, ITS OWNERS, EMPLOYEES AND AGENTS FROM ANY AND ALL CLAIMS, DAMAGES, INJURIES, LOSSES, RIGHTS OF ACTION, OR CAUSES OF ACTION, PRESENT OR FUTURE, WHETHER THE SAME BE KNOWN, ANTICIPATED, OR UNANTICIPATED, RESULTING FROM OR ARISING OUT OF THE CAMPER'S PARTICIPATION IN THE CLINIC SESSION AND IN THE USE OF THE FACILITIES.

MEDICAL INFORMATION

As a condition of participation in the Wolverine Wrestling Clinic, each participant must have had a physical check-up by a certified physician within the last calendar year. _____ has had a physical within the last year and has been declared healthy and able to participate in the clinic activities. [Please bring a copy of the physical to camp registration.]

Signature of Parent or Guardian _____ Date _____
This page is standard for Clinics at the University of Michigan. Please read carefully before signing, certifying the above information is accurate.

For complete and detailed camp information, including information on our Ohio commuter camp in Lakewood, please visit our camp website www.michiganwrestlingcamps.org

Competition & Team Camp

June 27-July 1 (recommended for wrestlers entering grades 9-12)

Camp Highlights and Features

- Three to four dual meets daily
- Organized sinstruction before dual meets
- Championship singlets and t-shirts for 1st and 2nd place teams
- Awards for camp OW and Most Falls; T-shirts for individual tournament champions
- Scrimmages by weight class on Sunday evening
- Individual Tournament by weight class on Thursday

One of our most popular camps, the Michigan wrestling staff has developed a camp that is designed for the competitive, high school-aged wrestlers who desire a camp where competition is a priority. The Michigan Competition Camp offers wrestlers the opportunity to develop their individual skills as well as competing often during the week in dual meets and tournament action. Teams are encouraged to attend and compete together. However, individuals, small groups or a combination of schools who want to be part of the competition camp, will be assigned to a team composed of 12 weight divisions. Wrestlers will compete in approximately 15-20 individual matches while at camp.

During the course of the week, wrestlers will participate in a team dual meet tournament, along with an individual double elimination tournament on Thursday. Prior to each dual meet, daily technique sessions will be an integral part of the team camp experience. Please visit our website for the weight classes that will be used at camp for 2010.

Technique Camp

July 11-15 (recommended for wrestlers entering grades 7-12)

Camp Highlights and Features

- One of the top camps in the country
- Choice of six different concentration areas
- 18 hours of individual instruction
- Individual tournament by weight class
- Featured lectures and motivational talks
- On-going team recreational sports tournament
- Awards to team and individual champions

This is the 33rd year the Michigan Wrestling Camps have been held on the beautiful University of Michigan campus. The camp, one of the finest in the nation, has been one of the most popular camps in the Midwest. Spend a week with us and learn why the Michigan wrestling team is consistently one of the top programs in the country!

We have an outstanding staff, and we teach the most successful current techniques used by elite wrestlers. One of the areas that separates our technique camp from others is the fact that - you the wrestler - will be able to choose the area of wrestling instruction that you desire to concentrate on during the course of the week (see areas of concentration below). Additionally, we feature tours, guest lectures, tournaments, rec. games etc., which will guarantee a successful week for any young wrestler who aspires to be better. This camp also features an on-going individual wrestling tournament throughout the week. Teaching winning technique is our primary purpose, but providing a "total clinic experience" is also important. Areas of concentration: Leg Takedowns * Other Takedowns * Riding and Pinning * Escapes and Reversals * Counter Offense * Leg Wrestling from Top. Visit our website for more detailed descriptions of technique concentrations

Advanced Training Camps

July 11-15 (recommended for wrestlers entering grades 9-12)

Camp Highlights and Features

- Daily technique and analysis
- Structured drilling and combative wrestling
- Strength training and conditioning
- Individual tournament by weight class
- U-M wrestlers train with you!

It takes a unique desire and commitment to excellence to become a state champion. That is why we have designed the Advanced Training Camp. This camp is a combination of technical instruction, drill sessions, combative wrestling and strength training. The Advanced Training Camp brings together the University of Michigan coaching staff's proven teaching methods combined with a first-class learning environment. Every session will be handled with the same thoroughness we apply to our own team practices. U-M wrestlers will train with you! In addition, special sessions on important areas of sport science, such as mental preparation, film analysis and nutrition will be addressed throughout the camp. Designed for the serious wrestler, the camp will teach wrestlers how to prepare themselves physically as well as mentally to win the big matches. The Advanced Training Camp is a very challenging camp, therefore all camp participants are strongly encouraged to attend in good shape. We emphasize an aggressive, tough style of wrestling and reinforcement of sound wrestling principles through repetitive drills.

"Big Boy" Heavyweight Camp

July 11-15 (recommended for wrestlers entering grades 7-12)

Camp Highlights and Features

- One of the top heavyweight camps in the country
- 18 hours of individual instruction
- Individual tournament by weight class
- On-going team recreational sports tournament
- Awards to team and individual champions

Over the years, the Michigan wrestling program has continued to develop outstanding heavyweights that have succeeded at the national level. Under the direction of assistant coach Kirk Trost, the Wolverines have earned nine NCAA All-America plaques in the last 14 seasons. Trost, one of the most accomplished heavyweights in U-M wrestling history, was a Big Ten and NCAA champion, a World Cup Freestyle champion and a Bronze medalist at the World Championships. The Michigan heavyweight camp concentrates on techniques and strategies that have proven successful for heavyweight wrestlers. 215-pound wrestlers are welcome to attend the heavyweight, and plenty have over the years. Assisting coach Trost in the week-long instruction will be the current Wolverines' heavyweights. Spend a week at the Michigan Heavyweight Camp, and learn to dominate the "Big Boys."

Lil' Wolverine Commuter Camp

July 12-14 (recommended for ages 8-11)

The focus of this camp will be to teach 8-11 year-old wrestlers the techniques and skills necessary to be a successful wrestler as they mature. Basic skills and techniques will be stressed. This will be an instructional clinic with some competitive wrestling. Wrestlers will be divided into two groups - beginners and advanced beginner. Sessions will be organized and taught by the University of Michigan staff and wrestlers. The Lil' Wolverine Commuter Camp will run from Monday through Wednesday.

Takedown Camp

July 19-21 (recommended for wrestlers entering grades 9-12)

@ Bahua Wrestling Center

NEW FOR 2010! Hosted at the new Bahua Wrestling Center, the Michigan Takedown Camp will feature three days of takedown technique instruction and drilling. Both offensive and defensive technique and positioning will be covered. We emphasize versatility in high and low attacks to both sides of the body. Instruction will include hand fighting, scoring techniques and multiple set-ups and finishes for single legs, double legs, high crotches and other takedowns. The Takedown Camp will be commuters only.

For complete camp information or online registration, please visit our camp website www.michiganwrestlingcamps.org

General Information

Camp Fees

Living Accommodations: South Quad, a University of Michigan residence hall, will be home of the Michigan Wrestling Camps. All facilities are supervised by resident hall assistants day and night. Rooms will be assigned in the dorm at camp check-in on Sunday. Wrestlers can also pick roommates at check-in. For more info on dorms, check: www.cms.housing.umich.edu.

Food: Meals will be prepared and served in the residence hall lunch room facilities. Food service begins with breakfast on Monday morning and ends with lunch on Thursday afternoon.

What to Bring: Campers should bring hygiene items, sheets, blanket, towel, pillow, pillow case, fan, alarm clock, wrestling shoes and plenty of wrestling workout gear. Laundry facilities will be available in the dorm.

Merchandise: Michigan Wrestling workout t-shirts, workout shorts, etc. will be available for sale throughout the camp. Quality Cliff Keen wrestling equipment such as knee pads, headgear and singlets will also be available.

Email Notification: An acceptance notice will be sent out *via email* to all applicants after application/deposit is received, confirming the choice of sessions, daily camp schedule and providing all basic check-in/check-out information. **Please include an email address with your application.**

Health & Safety: Please download all medical and insurance forms from the camp website. **These forms must be collected at Sunday's registration check-in. A copy of a recent or annual high school physical is also required at check-in. Please do not mail in forms.** Any illness or injury will be handled by the University of Michigan trainers and doctors. If an applicant has any special health needs, a note of explanation should be included with his/her application.

For travel plans and directions to camps, please visit www.michiganwrestlingcamp.org

Summary of Camp Pricing Structure:

- Competition Camp - \$425 per applicant
- Technique Camp - \$425 per applicant
- Advanced Training Camp - \$440 per applicant
- Heavyweight Camp - \$425 per applicant
- Lil' Wolverine Commuter Camp - \$175 per applicant
- Takedown Commuter Camp - \$225 per applicant
- Coaches Rate - \$220 per coach (see coaches discounts)

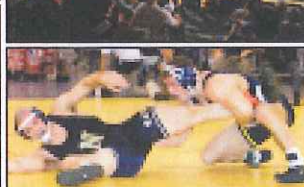
- Deposit for Camp is \$100
- Commuters take \$100 off camp fee

Coaches: Come spend a week with us at Michigan Wrestling Camps. Study and film some of the finest clinicians in the nation as they teach the skills, drills and techniques that made them champions. Coaches fee is \$220. Coaches discounts available. All coaches who attend will receive a free Michigan Wrestling Coaches polo shirt.

Coaches Discounts - 5-9 wrestlers \$195; 10-19 wrestlers \$170; 20+ wrestlers, 1 coach free/additional coaches \$145. In order to receive the group discount, all applications must be sent in together.

Wrestler Group Discounts - 5-9 wrestlers take \$10 off per application; 10-19 wrestlers take \$15 off; 20 or more wrestlers take \$20 off. **In order to receive the group discount, all applications must be mailed in together.** Please check out our online registration that is available on our website.

Refund Policy: Refund of deposit will be 50% 14 days prior to start of camp. Refunds will be made upon a written or email request. (joemcfar@umich.edu)



2009
UNIVERSITY OF MICHIGAN
SUMMER CAMPS

Dear Camper and Parent/Guardian:

Residence Hall Rules and Regulations with regard to camper conduct and the use of facilities are established in compliance with state and federal laws and the University of Michigan Regents' by-laws. Camp registration is predicated upon the understanding of these rules and regulations. All program participants must abide by them regardless of age. This includes coaches, trainers, and other camp personnel residing in the residence halls. The cooperation of everyone is required if summer athletic camps are to be successful, rewarding, and fun for all participants. **Please read** over the rules and regulations with your camper, sign the residence hall rules and regulations agreement, and present the signed agreement at Housing registration.

Thank you for your cooperation. If you have any questions concerning a particular camp, please go to website www.mgoblue.com. Questions concerning housing, should be directed to (734) 763-9479.

Sincerely,

Robert Miller
Program Coordinator
University of Michigan Summer Camps

PLEASE READ AND SIGN BELOW:

We have read the Rules and Regulations governing the behavior of campers in University of Michigan Camp Housing. We understand and agree to abide by them. We understand that failure to abide by these rules and regulations may result in various forms of discipline, up to and including immediate dismissal from the program.

Parent/Guardian Signature *

Print Name

Date

Camper Signature

Print Name

Date

*If a camper, fourteen years of age or younger, is at registration alone, the athletic sport camp coordinator/coach must sign for the camper in place of the Parent or Guardian.


**PLEASE BRING THIS SIGNED FORM WITH YOU FOR YOUR
REGISTRATION AT THE CAMPS OF CHAMPIONS.**


Ohio State Underclassmen Team Camp




 **When:** Sunday, June 27- Thursday, July 1


 **Where:** Ohio State University


 **How:** Be sure to contact Coach Cobb and send in your \$100.00 deposit.

 **What:**

- Wrestle 10-20 individual matches
- Wrestle dual meets from teams from all over the country
- Learn new techniques from high school and college wrestlers and coaches
- ** Training and lift in the off season
- Have fun and get to know your teammates and coaches

 **What to bring:**
Sleeping bag, bedding, lots of work out clothes, soap and shampoo, wrestling shoes, headgear, snacks, playing cards, and other necessary items

 **Departure:** Meet at Wadsworth HS Sunday June 27 at 11:30AM

 **Return:** We will be arriving back Thursday sfternoon

 **Cost breakdown:** Total \$ 440.00

2010 SUMMER CAMPS WRESTLING



Four Great Weeks - Seven Outstanding Camps

TEAM COMPETITION CAMP: Grades 9 - 12 June 27 - July 1

This camp is one of the most popular competition camps in the country and offers campers a combination of technique instruction and hard-nosed competition - both are crucial for campers who want to take the step to the next level. Each wrestler will compete in a minimum of 15 matches throughout the camp. Each day, campers will take the mat for three sessions of dual meets. Each match will be reviewed and critiqued by our camp instructors and staff. After each dual meet, an Ohio State coach assigned to your team will talk about the psychological aspects of wrestling - a critical factor in becoming a better wrestler. In addition to the dual meets, you will wrestle in three separate tournaments in two styles. Each day will also have a technique session to improve your understanding of wrestling's most important concepts. Wrestlers who are working to become champions cannot afford to miss this camp.

TURN & PIN MAT WRESTLING CAMP: Grades 7-12 June 20 - 24

This camp will focus on mat wrestling, riding, and escapes. Campers will still get instruction on the neutral positions and takedown offense and defense, but the main focus will be different mat wrestling styles and techniques.

TECHNIQUE CAMP: Grades 7-12 June 20 - 24 (5 days) OR July 18 - 23 (6 days)

This camp is designed for wrestlers at every experience level. Campers will have the opportunity to learn wrestling skills in all three positions (feet, top, bottom). The skills taught at this camp will be taught incrementally so that every wrestler will be able to grasp each skill. Campers will be grouped based on experience so that campers can learn at their own pace.

LEG ATTACK CAMP: Grades 7-12 July 11 - 16

Ohio State's nationally-acclaimed coaching staff, as well as some of Ohio's greatest wrestlers, will teach campers the techniques and drills you must know when in the neutral position. The objective of this camp session is for campers to learn the skills that will help them master takedowns. Intensive drilling and repetition will enable each camper to improve their skills in a live situation with daily open mats. This camp will also include a minimum of two takedown tournaments. Become a Takedown Master like Ohio's elite wrestlers!

HEAVYWEIGHT SCHOOL: Grades 7-12 July 11 - 16

The Heavyweight School is designed to meet the needs of athletes who are above 180 pounds. The technical skills covered in this camp are conducive to making an upper weight wrestler successful. Additionally, it is a guarantee to compete against wrestlers of the same size and age, which is always difficult as an upper weight wrestler. We look forward to implementing the skills, drills, and mental toughness that is necessary for all upper weight wrestlers to win at the highest level. The Buckeyes have some of the elite upper weights in the nation. Enroll now and train along side America's best. See you in the summer of 2010!

LOU ROSSELLI 6-DAY INTENSIVE CAMPS: Grades 7-12 July 11 - 16 OR July 18 - 23

Lou Rosselli (United States Freestyle World Team Coach) will work with each camper, teaching them the training methods necessary to become a champion at the highest level. Each camper will have an opportunity for one-on-one instruction with a member of our coaching staff as well as members of the Ohio State wrestling team. Coach Rosselli's teaching system is personally tailored to help you move up to the next level. This intensive camp system has attracted and helped produce state champions across the nation. Many of Coach Rosselli's campers have later placed or won at their state tournament. If you are ready to make a commitment to your wrestling and want to learn what it takes to win at any level, you need to register for this camp. **This camp is intended for the serious wrestler. In addition to a great deal of sparring and live wrestling, campers will experience a demanding physical conditioning program.**

LOU ROSSELLI 2-WEEK INTENSIVE CAMPS: Grades 7-12 July 11 - 23

Many times athletes attend a camp, learn great technique and training skills, but fail to implement these skills when they return home. For those wrestlers who truly want to embed these skills for success into their brain, Lou Rosselli now offers 13 days of his intensive camp. Wrestlers will have more time working with world class coaches and wrestlers to hone their skills and techniques and initiate a training program they can continue to apply when they return home.

FATHER/SON ELEMENTARY CAMP: Grades 1-6 July 16 - 18

This camp is designed for the novice wrestler who is just beginning and wants to experience all that The Ohio State University has to offer. We will cover the basics skills needed for any beginner to improve his wrestling abilities by learning takedowns, escapes and pinning combinations. This 3 day camp is a must for all young wrestlers who wish to be exposed to wrestling and are looking for advice from Ohio State's best. This camp is designed for campers in grades 1-6; each camper is permitted to bring one adult to camp. Fathers will be encouraged to participate with learning and teaching technique on the mat and if the camper is a resident, stay with them in the dorms. One adult is also welcome to bring more than one camper; however, parents of the camper will be required to submit a consent form.

CAMP DATES

Team Competition Camp
June 27 - July 1

**Turn & Pin
Mat Wrestling Camp**
June 20 - 24

Technique Camp
June 20 - 24
July 18 - 23

Leg Attack Camp
July 11 - 16

Heavyweight School
July 11 - 16

Lou Rosselli Intensive Camp
July 11 - 16
July 18 - 23
July 11 - 23 (2 week intensive)

**Father/ Son
Elementary Weekend**
July 16 - 18

MEALS

New this year at all day camps, lunch and dinner will be provided and are included in the camp fees. All meals will be provided for overnight camps.

FACILITIES

Campers will be participating in the newly renovated French Field House.

ENROLLMENT

Registration is open to campers in grades 7 - 12 and 1 - 6 for the Father/Son Elementary Camp. Upon processing of each registration, a confirmation notice will be sent. For further information, or if you have any questions, email the Camps Office at BuckeyeCamps@osu.edu.

Register online at
OhioStateBuckeyes.com/camps

MORE INFORMATION

Buckeye Sports Camps
E-mail: buckeyecamps@osu.edu
Phone: 614-247-CAMP (2267)



REGISTRATION

Complete a separate registration form for each camper.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (_____) _____

Cell Phone: (_____) _____

Email: _____

Parent/Guardian Name: _____

Parent/Guardian Phone: (_____) _____

School: _____

Grade (as of Fall 2010): _____ Age: _____ Weight: _____

Skill Level (circle one): Beginner Intermediate Experienced

T-Shirt Size (circle one): S M L XL XXL

I would like to receive further information about Ohio State wrestling events.

Please check all appropriate areas.

CAMP	DATES	OVERNIGHT	DAY
<input type="checkbox"/> Team Competition	June 27 - July 1	<input type="checkbox"/> \$440	<input type="checkbox"/> \$350
<input type="checkbox"/> Turn & Pin (5 days)	June 20 - 24	<input type="checkbox"/> \$440	<input type="checkbox"/> \$350
<input type="checkbox"/> Technique (5 days)	June 20 - 24	<input type="checkbox"/> \$440	<input type="checkbox"/> \$350
<input type="checkbox"/> Technique (6 days)	July 18 - 23	<input type="checkbox"/> \$475	<input type="checkbox"/> \$380
<input type="checkbox"/> Leg Attack (6 days)	July 11 - 16	<input type="checkbox"/> \$475	<input type="checkbox"/> \$380
<input type="checkbox"/> Heavyweight (6 days)	July 11 - 16	<input type="checkbox"/> \$475	<input type="checkbox"/> \$380
<input type="checkbox"/> Intensive (6 days)	July 11 - 16	<input type="checkbox"/> \$475	<input type="checkbox"/> \$380
<input type="checkbox"/> Intensive (6 days)	July 18 - 23	<input type="checkbox"/> \$475	<input type="checkbox"/> \$380
<input type="checkbox"/> Intensive (2-week)	July 11 - 23	<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$715
<input type="checkbox"/> Father/Son	July 16 - 18	<input type="checkbox"/> \$325	<input type="checkbox"/> \$250
<input type="checkbox"/> Airport Transportation — see details below		<input type="checkbox"/> \$30	

*New this year, lunch and dinner provided and is included in day camp fee.

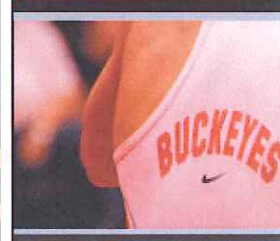
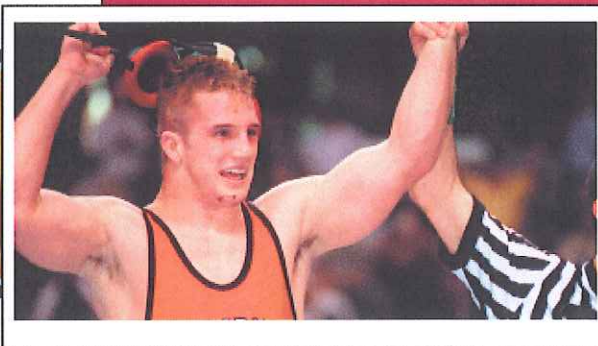
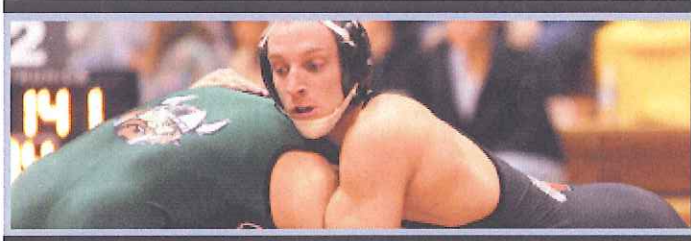
OPTION 1: Check or Money Order

Make checks payable to: The Ohio State University

Mail application to: Wrestling Summer Camps
Jack Nicklaus Museum
2355 Olentangy River Road
Columbus, OH 43210

OPTION 2: Online Registration

To register online, please visit OhioStateBuckeyes.com/camps
[A processing fee will be added to all online registrations.]



CAMP STAFF

Tom Ryan

Ohio State Head Coach

Lou Rosselli

Ohio State Associate Head Coach

Joe Heskett

Ohio State Assistant Coach

J Jagers

Ohio State Volunteer Coach

JD Bergman

• NCAA Finalist

• US National Team Member

Reece Humphrey

• National Runner-up

• World University Silver Medalist

Lance Palmer

• 3x All American

• 4x Ohio HS State Champion

Mike Pucillo

• National Champion

Colt Sponseller

• H.S. National Champion &

Outstanding Wrestler of Tournament

AIRPORT TRANSPORTATION

Airport transportation is available for flights that arrive in Columbus from 10am - 3pm on the day of check-ins and departing from 11:30am - 5pm on the day of check-outs. The camp confirmation packets will include a flight itinerary form. Please fax the completed form to Alex Picazo at 614-292-8480 or email to picazo.1@osu.edu. You will receive a confirmation email to confirm our receipt of your itinerary.

CONSENT FORM

A parent consent form is REQUIRED for all participants. Please visit OhioStateBuckeyes.com/camps to obtain the form. Please complete, sign and send the form with your child to check-in - do not send the form to us prior to the camp. Campers will not be permitted to participate without this form.

CONFIRMATION

Upon processing of each registration, an initial confirmation notice will be sent by email. A follow-up confirmation notice will also be mailed to campers. "Important Information for Registered Campers" (including a Parent Consent Form) will also be posted on the Buckeye Sports Camps webpage at OhioStateBuckeyes.com/camps. Each camp participant should review this document prior to coming to campus.

REFUNDS

A full refund less a \$100 administrative fee will be issued for any cancellation received at least 2 weeks prior to the start of the camp session. Any cancellations received less than 2 weeks prior to the start of camp session will generally not be eligible for a refund. Cancellation notices and refund requests must be submitted on the Refund Request Form available at OhioStateBuckeyes.com/camps no later than August 31, 2010. *The registration fee cannot be transferred to any other Ohio State sports camp or campers.*



Tervel Dlagnev

2009 World Championships Bronze Medalist

2009 World Team Trials Champion

NCAA D2 National Champion



Shawn Bunch

2009 World Team Trials Champion

2007 US Open Champion

NCAA Runner-Up