

Northern State University Wolves Wrestling Camp

Name: _____ Birthdate: _____
 Address: _____ Phone: _____
 School: _____ Grade (Fall 2018) _____
 Height: _____ Weight: _____ Age: _____
 T-Shirt Size [please circle]: (Adult) S M L XL XXL (Youth) 6/8 10/12 14/16

Payment information: (Please make checks payable to NSU Wrestling Camps)

Commuter: \$240 (per camper for teams of 1-9) Resident: \$300 (per camper for teams of 1-9)
 \$225 (per camper for teams of 10+) \$285 (per camper for teams of 10+)

Return Application and Payment to: NSU Wrestling Camps
 1200 S. Jay Street #1129
 Aberdeen, SD 57401

Release Form

In consideration of the acceptance of this application, I, intending to be legally bound hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against Northern State University, or its representatives and/or assignees for any and all damages which may be sustained and suffered out of my traveling to, participating in, and returning from camp.

Parent/Guardian Signature _____

Participant Signature _____

Date _____



Camp Clinicians



Tom Ryan

- Head Wrestling Coach at Ohio State University
- Three-Time Intermat National Coach of the Year
- 2015 NCAA National Championship Team



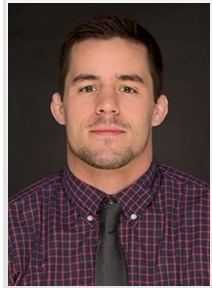
Cliff Fretwell

- Founder of Compound Wrestling
- Coached multiple prep national champs, All-Americans, as well as NCAA AA's
- Leading scramble technician



Rocky Burkett

- NSU Head Coach
- Coached 15 NCAA DII National Qualifiers, 6 All-Americans, 2 National Finalists, and 1 National Champ



J.R. Lewis

- NSU Assistant Coach
- Coached 12 National Qualifiers, 10 All-Americans, and 1 National Finalist at the NCAA DII and DIII level

Members of the Northern State Wolves Wrestling team will also assist in skill development.

NSU Wrestling Team Camp

June 18th-21st



NORTHERN STATE WRESTLING

N Camp Information



Camp Schedule

N NSU Wrestling

Registration

Registration for Team Camp will take place in the Barnett Center entrance from **8:00-10:00AM** on **Monday, June 18th**. Plan on checking in as early as possible, as the first session starts promptly at 10:00AM.

Accommodations

RESIDENT: Will stay in NSU's resident halls and will have all meals provided. Bring your own bedding

COMMUTER: Will stay off campus and will be responsible for their own meals.

Supervision

Campers will be required to attend all activities during camp. Camp staff will be on duty at all times in the dorms. All campers will be required to adhere to the rules and regulations of camp. Any violations can result in dismissal without reimbursement.

What to Bring

Every camper will be required to bring their own workout gear: shoes, shorts, shirts, headgear, and hygiene products

Facility

All sessions will be held at the Barnett Center on the NSU campus

Monday, June 18th

8:00-10:00AM	Registration and Weigh-In (+6 lbs)
10:00-12:00PM	Fretwell Technique
12:30-1:00PM	Lunch
2:00-4:00PM	Fretwell Technique
5:00-5:30PM	Dinner
6:00-7:30PM	Drill & Live
10:00PM	Lights Out

Tuesday, June 19th

7:30AM	Wake Up
8:00-8:30AM	Breakfast
9:00-11:00AM	Technique
11:30-12:00PM	Lunch
1:00-3:00PM	Technique
3:00-4:00PM	Team Competition
5:00-5:30PM	Dinner
6:00-7:30PM	2 Duals
10:00PM	Lights Out

Wednesday, June 20th

7:30AM	Wake Up
8:00-8:30AM	Breakfast
9:00-11:00AM	Ryan Technique
11:30-12:00PM	Lunch
1:00-3:00PM	Ryan Technique
3:00-3:30PM	Ryan Mindset
5:00-5:30PM	Dinner
6:00-7:30PM	2 Duals
10:00PM	Lights Out

Thursday, June 21st

7:30AM	Wake Up
8:00-8:30AM	Breakfast
9:00-11:00AM	Individual Tournament



NSU Camp Website

<http://www.northernstatewrestlingcamps.com/>

NSU Athletics

<http://nsuwolves.com/>

Twitter

@nsuwolves_wr

Facebook

Northern State University Wrestling