

HIGH ALTITUDE

*Intensive
Father/Son
Technique*

WRESTLING CAMPS

At Springbrook State Park

2016 WRESTLING CAMP DATES:

June 5-9	5 Day Intensive Camp	
June 24-26	Father/Son Camp	
July 10-13	Takedown Wrestling Camp	
July 17-20	Top/Bottom Wrestling Camp	
July 23-26	TEAM Camp **NEW in 2016**	
August 6-9	Youth Intensive Camp	<i>*Please Note: All camps have limited spots available</i>

WHERE:

Springbrook State Park
2437 160th Road
Guthrie Center, IA 50115

http://www.iowadnr.com/parks/state_park_list/springbrook.html

SHORT HISTORY OF CAMP:

The summer of 2016 will be our 11th Annual camp at Springbrook State Park. The camp has come a long way from when it first started in 2006 with 15 wrestlers. The second year (2007) we had over 70 wrestlers attend resulting in three full camps. A Father/Son, 5 Day Intensive Camp and 4th Technique Camp were added in 2008 to support the growing numbers and interest. In 2009, I added a Youth Intensive Camp for youth wrestlers wanting to move to the next level and it had been a huge success. The youth intensive camp has carried a waiting list every single year since it started! In 2011 I adjusted our camps and turned the technique camp into a Takedown camp and also added a Top/Bottom camp. Every year these camps grow and kids love them. We have had wrestlers from Arizona, Colorado, Florida, Iowa, Illinois, Louisiana, Michigan, Minnesota, Missouri, Nebraska, New Mexico, New Jersey, North Dakota, South Dakota and Wisconsin attend.

WHY IS THIS CAMP DIFFERENT?:

Low numbers allowed in (more attention), high level technique taught (not just random moves), constantly drilled over techniques taught so you learn it, tough training partners, fun activities, air conditioned dorms, and all camps held at the beautiful Springbrook State Park Education Center!

GRADES:

- 2nd-12th for Technique Camps
- Prefer younger wrestlers for Father/Son Camp
- 5 Day Intensive Camp (7th-12th grade)
- Youth Intensive Camp (3rd-8th grade) **Under 3rd needs approval**
- TEAM Camp – (8th-12th grade)

COST:

- \$495 for 5 day Intensive Camp
- \$495 for Father/Son Camp (\$225 each additional sibling)
- \$395 per camp for Takedown, Top/Bottom, & Team Camps
- \$395 for Youth Intensive Camp

TRAINING PARTNERS:

Your son will get quality partners. Numerous state (qualifiers, placers & champions), All Americans, & National Champions attend each camp!

REGISTER & PAY (By Mail or Online):

Mail flyer and \$250 deposit by May 1st (5 Day Intensive & Father/Son) **Remaining balance due by June 1st**

Mail flyer and \$200 deposit by June 1st (Takedown, Top/Bottom, TEAM Camp and Youth Intensive) **Remaining balance due by July 1st**

Deposit is non-refundable – only camp credit! (if not placed in camp deposit will be refunded! *Can also register and pay on my website using PAYPAL

CAMP AGENDA:

5 Day Intensive: This camp is like no other intensive camp out there. Most intensive camps beat you up but don't TEACH you how to actually train for the sport of wrestling. When you leave this camp you will have an understanding of HOW to train to be the BEST! There are 4 workouts a day: morning run/exercises, technique, hard drilling and live. You will also go through "Wacky Wednesday!" Will you survive?

Father/Son: Fathers will get to wrestle along with their sons and learn this great sport. Any activity your son does you will do!!

Takedown Training Camp: This camp focuses on takedowns, short offense/defense, bad positions, scrambling and other things. Athletes will go through three very structured practices per day (including drilling, hard drilling and LIVE!) and get a feel for each move taught. Your son will get hands on attention and learn the moves taught.

Top/Bottom Training Camp: This camp will focus on learning how to turn/pin people and being able to escape from anyone. There will be three very structured practices a day including drilling, hard drilling and LIVE! When you leave camp you will be able to turn and escape from anyone!

TEAM Camp: Our camp is designed to have two technique sessions during the day where wrestlers learn & drill a proven system of technique to get the feel (muscle memory) for it. At night, we will have 2 hours of live wrestling where the athletes will be put into LIVE situations over the techniques taught (to practice the techniques and gain confidence in them) and also wrestle LIVE matches. You could honestly walk out of our camp with 40-60 matches under your belt! The improvement your athletes will make at this camp will be UNMATCHED!

Youth Intensive Camp: This camp is designed for the youth wrestler who wants to move to the next level. There will be four workouts a day: a morning run/exercise, technique, hard drilling and live! The youth camp will also go through "Wacky Wednesday!" Will you survive?

CAMP ACTIVITIES:

The DNR will be leading us in: canoeing/kayaking, archery, gun safety/shooting, team building, hiking, and other activities. There will also be time set aside for swimming at the lake, wiffle ball, fishing, going in town for ice cream, and bowling. **All camps do the same activities!**

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