

Dickinson State University Wrestling Camp

I will attend: Overnight Commuter

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

Name _____ Age _____ Weight _____

Address _____ City _____ State _____ Zip _____

Name of School _____ Grade in School _____

In case of injury, necessary emergency treatment is authorized.

Insurance Company _____ Policy Number _____

I hereby release Dickinson State Wrestling Camp from any and all liability from injuries or illness incurred while in camp. In case of illness or injury incurred while in camp, I authorize the said camp to act for me in any medical emergency, according to their best judgment.

Home Phone _____ Parent/Guardian Signature _____

Enclosed is \$100 for my deposit (check or money order). The balance due (\$85) will be paid upon my arrival at camp. Deposits are non-refundable. Make checks payable to Dickinson Wrestling Camp and mail with application to DSU Wrestling Camp; 291 Campus Dr; Dickinson, N.D. 58601.

FOR MORE INFORMATION CONTACT

Thadd O'Donnell, Camp Director
701-483-2568 • 1-800-279-4295 ext.2568
Cell: 701-290-4606

Thadd.ODonnell.dickinsonstate.edu

Keri Stanley, Asst. Camp Director
Cell: 701-690-8295

Corey Owen, Asst. Camp Director
Cell: 406-360-0848

Tyson Springer, Asst. Camp Director
Cell: 701-260-5591

Dickinson
STATE UNIVERSITY

COMMUTER RATE

- \$140 includes all sessions, t-shirt and noon meals

COACH RATE

- \$150
- \$100 with five wrestlers enrolled
- Free with 10 wrestlers enrolled

TEAM CAMP

- Three sessions of wrestling held daily
- Morning session focuses on technique
- Dual meet competition at afternoon and evening sessions
- Team champion will be crowned following the weekly pool competition
- Each team will consist of 10-12 wrestlers
- Awards will be presented to each member of the winning team
- Each wrestler will compete in an individual takedown tournament at the evening session
- Dodgeball competition throughout the week

MEDICAL INSURANCE

Campers are responsible for their own insurance. NO ONE will be admitted to the camp without a signed emergency release including an insurance policy number (on the application form).



Camp Philosophy

Each team will be assigned a current Dickinson State wrestler as an assistant. The philosophy of the camp is to expose the athlete to as much technique as possible and live competition in a learning atmosphere. During the technique period of the day, each athlete will choose an area of technique they want to focus on. We will include three different areas each session including turns and tilts, takedowns and setups, and big guy technique. The clinicians will show many situations and moves so each wrestler can pick and choose what will work best for his style. Another component of the camp is the drill session. The drill session is held after final dual of the evening allowing coaches to spend time with their teams to discuss the day's technique and competitive matches. Each team will also have two current college wrestlers at their disposal to help during drill time or to offer ideas. The purpose of the camp is not only to develop each wrestler with technique and live competition, but also to give each coach time to build a strong and close team with some common goals to carry into the season.

CAMP NOTES

- Check-in: Selke Hall
- Check-in on first afternoon noon-2:00 p.m.
- First session will start at 3:00 p.m.
- No weight classes - we determine weight class after weigh-ins (10 weight classes)
- Individual campers welcome - drafted to a team
- Each wrestler will compete in an individual takedown tournament during evening session
- Dodgeball competition throughout the week
- Movies and entertainment in the evenings

WHAT TO BRING

Sleeping bag, pillow, towels, toiletries, work-out gear, wrestling shoes, casual play clothes, warm jacket, swimtrunks, baseball glove, spending money for snacks, notes, t-shirts, etc. Headgear and singlets are optional.

COST OF CAMP

Cost of camp is \$185 for the week. The price includes technique sessions, wrestling sessions, meals, lodging and a camp t-shirt.

"I feel the DSU Wrestling Team Camp is one of the better camps we have attended because of the attention they pay to each of the teams. The DSU staff is very knowledgeable and has techniques that work not only at the college level, but the high school level as well. They are also very open to letting the other coaches share moves, drills and practices with everyone in attendance. This camp really helped our team come together. The combination of technique and competition played a role in the success of the Cobbler Wrestling Program this past season."

*Lance Pearson
Head Coach, Rapid City H.S.*

www.bluehawkwrestlingcamps.com

COACHING STAFF



Thadd O'Donnell
Head Coach
DSU
*3x All-American
3x Coach-of-the-Year
Produced 64 All-Americans*



Keri Stanley
Assistant Coach
DSU
*Camp Director
National Champion
2x All-American
MT State Champion*



Tyson Springer
Assistant Coach
DSU
*Camp Director
National Champion
National Runner-up
3x All-American
2x Washington State Champion*



Clay Rodgers
Assistant Coach
Green River H.S.
*All-American
WY State Champion*



Cory Johnston
Assistant Coach
Glasgow
*3x National Qualifier
2x MT State Champion
All-American*

Lance Pearson
Head Wrestling Coach, Rapid City H.S.
Coach of the Year, Great Dakota Conference 2006

Jake Kallestad
Student Assistant Coach
National Champion, 2x National Runner-up

LIMITED SPACE AVAILABLE!!

Registration Deadline:

June 7, 2010 (with deposit)

Register online at www.bluehawkwrestlingcamps.com

*All current Dickinson State University Wrestlers
will be in all drill sessions and team assistants.*