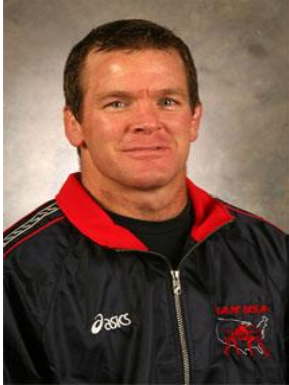


# World Class Team Wrestling Camp

July 18<sup>th</sup> – 21<sup>nd</sup> 2010

Council Bluffs, IA- Thomas Jefferson High School



## Terry Brands

3x NCAA All-American  
2x NCAA Champion 90' & 92'  
3x Big Ten Champion  
2x Iowa Most Valuable Wrestler  
1995 Pan Am Champion  
Olympic Bronze Medalist 00'  
3x World Team Member  
2x World Cup Champion  
3x US National Champion  
US Team Member 93'-01'  
Former Asst Coach National Team  
Asst Coach- Iowa



## Eric Akin

4x NCAA All-American  
NCAA Finalist  
3x Big 8 Champion  
1994 ISU Male Athlete of the Year  
1994 Pan Am Champion  
2x Olympic Alternate: 96' & 00'  
1999 World Team Member  
2000 World Cup Silver  
2001 US National Champion  
US Team Member 93'-07'  
Kansas Wrestling Hall of Fame  
Head Coach: East Kansas WC

## Plus more National Champions, All-Americans, Collegiate Wrestlers, & High School Coaches

<b>Including:</b>	<b>Esai Dominguez</b> D-II All-American Current UNO Wrestler	<b>Nathan Sigman</b> 2x SD State Champ Current UNO Wrestler	<b>Adam Manz</b> 2x NAIA Qualifier Current Dana Wrestler	<b>Jimmy Rollins</b> Juco & NAIA Champ Asst Coach Dana College	<b>Jon Henslee</b> 2x NJCAA Qualifier Current Grandview Wrestler
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This world class team technique/ competition camp is designed for the wrestler looking to out-train his competition during the off season, and ensure himself a spot on the awards stand next season. This camp will blend technique training sessions with world class competitors/ coaches, with 3-4 live matches per day in our team dual competition format. Wrestlers from age 9 and up will realize the benefits of this camp, which will focus on the development of elementary, junior high, and high schools wrestlers. The goal of this camp is to teach new and reinforce old, high percentage wrestling techniques, while gaining almost a half of a season worth of live match experience.

Teams with more than 10 wrestlers will receive a reduced camper rate: \$250 for resident, \$150 for commuter. All team discounted entries must be received in one envelope.

**NOTE: A wrestler does not have to attend with a team. Those who attend as individuals will be assigned to a team for dual matches. The rate for these wrestlers is \$275 for resident and \$175 for commuter.**

**World Class treatment for residents w/ accommodations @ Holiday Inn Express**

**\*\*\*Most affordable camp of its kind\*\*\***

More information available at [www.cbcbrawrestling.org](http://www.cbcbrawrestling.org) or [www.ericakin.com](http://www.ericakin.com)



## 2010 World Class Team Wrestling Camp

July 18<sup>th</sup> - 21<sup>nd</sup> - Thomas Jefferson High School- Council Bluffs, IA

### FEES & INFORMATION

**Contact us for returning camper discount!**

#### Rates:

**Wrestlers age 9 and up only- (please call if younger)**

Resident	= \$275/ wrestler- includes room and meals
Commuter	= \$175/ wrestler- lunch included
Team Discounted Resident	= \$250/ wrestler- includes room and meals
Team Discounted Commuter	= \$150/ wrestler- lunch included
Coaches Resident	= \$100- includes room and meals

**Housing-** The resident campers will stay at the Holiday Inn Express, in a huge room complete with air conditioning, cable television, internet connectivity, and much more!

**Meals-** Breakfast is provided for all Resident Campers at the Hotel. We will cater in and provide lunch each day for all Campers/ Resident Coaches, and dinner will be offered/ sold at the Wrestling Facility.

**Location/ Transportation-** Thomas Jefferson HS is located in Council Bluffs, IA, just East of Omaha, NE. Shuttle transportation will be provided for all Resident Campers to and from the Wrestling Facility.

**Forms & Payment-** ALL CAMPERS must complete the Registration Form/ Liability Waiver. All applicants should register **by July 1<sup>st</sup>, all after July 1<sup>st</sup> add \$50**. A deposit of **\$75 NON-REFUNDABLE** must accompany your application to ensure spot in camp. The balance is due at check-in. All checks payable to: *Cobra Wrestling*. Call 712-326-9702- Jeff Ziegler or 712-310-1372- August Manz with questions

#### Schedule:

**Check-in-** Sunday July 18<sup>th</sup> 4:00-6:00pm- Thomas Jefferson HS- Bill Smith Wrestling Room  
6:00-9:00 pm- Divide into teams- followed by Technique with Eric Akin

**Daily Routine-**  
7:00-8:30 am- Breakfast at Hotel for Residents  
8:30-9:00 am- Travel to Facility  
9:00-11:00 am- Technique Session 1-**Guest** (a new guest each day)  
11:00-12:00 pm- Lunch- provided at Wrestling Facility  
12:00-2:00 pm- Technique Session 2- **Guest**  
2:00- 4:00 pm- Team Duals  
4:00-6:00 pm- Dinner at Wrestling Facility- concession style on own  
6:00- 8:00 pm- Team Duals  
8:30-10:00 pm- Swim/ Free Time/ Planned Activities  
10:00 pm- Lights Out

**Check-Out-** Wednesday July 21<sup>nd</sup>- 5:00pm- Thomas Jefferson High School- New Field House Lobby

**Additional forms and information available at [www.cbcbawrestling.org](http://www.cbcbawrestling.org) or [www.ericakin.com](http://www.ericakin.com)**

#### **REGISTRATION FORM**

**Mail to: August Manz 5012 Crogans Way Council Bluffs, IA 51503 712-310-1372**

**Make check payable to: Cobra Wrestling**

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade in Fall '10 \_\_\_\_\_ Weight \_\_\_\_\_ Yrs Wrestled \_\_\_\_\_  
Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
Phone Number \_\_\_\_\_ Circle - Resident Commuter  
Email \_\_\_\_\_ School Attending \_\_\_\_\_

\_\_\_\_\_ TOTAL AMOUNT INCLUDED T-Shirt size YM YL XS S M L XL (T-Shirt only guaranteed if received by July 1<sup>st</sup>)

I accept the responsibility with the risk of serious injury and accidents that may occur during the camp. I relieve the camp directors, coaches, and Thomas Jefferson High School from liability. I give permission for the medical personnel to treat my child in case of an injury or illness.

**Parent Signature** \_\_\_\_\_