APPALACHIAN STATE

2013 WRESTLING CAMP
INDIVIDUALS AND TEAMS

June 17-21 Specialized Technique & Training
July 6-9 Team High School
July 10-14 Team High School
Team Junior High/M.S.
July 15-18 Team High School
Team Junior High
July 10-18 Intensive Training Camp

WWW.GOASU.COM
“The versatility of clinicians, mat time, and competition has helped our team improve each year we attend camp. Our wrestlers get more individualized attention and interaction from the college wrestlers, staff, and clinicians than any other camps we’ve attended.”

Doug Thurmond  
Head Coach Jefferson High School, GA  
Team has won 12 State Championships in a row

“I like the opportunity to bring our high school and junior high teams together at the same time and be one big team. It allows me to get to know some of the younger kids and be with my high school team as well.”

Bobby Shriner  
Head Coach Orange High School, NC  
Team has won back-to-back State Championships

“The staff and technicians were great. They covered all areas of wrestling showing high percentage moves that work at all levels. The competition level at team camp is like having the playoffs in July. Great camp, great atmosphere!”

Derek Strobel  
Head Coach Lexington High School, SC
**Camp Staff**

**JohnMark Bentley, Camp Director**  
ASU Head Wrestling Coach  
Camp Director  
3x ACC Champ  
ACC Wrestler of the Year 2001  
Ranks 6th All-Time in career winning percentage at UNC-Chapel Hill

**Daren Burns**  
Asst. Coach at ASU  
4x NCAA Qualifier  
Ranked #6 currently in US Greco Rankings at 96kg

**Matt Fisk**  
ASU Assistant Coach  
4x NCAA Qualifier

**Austin Trotman**  
Asst. Coach at ASU  
Ranked #2 currently in US freestyle Rankings at 84kg  
NCAA All-American  
3x SoCon Champ  
ASU's All-Time wins leader

**Skyler Holman**  
NCAA All-American at Oklahoma State  
Big XII Champ  
ACC Champ
Camp Staff

Ken Caudell
Head Wrestling Coach
Belmont Abbey College

Quincy Osborne
Division III National Champ
Assistant Coach at Ohio University

Kyle Hansen
Assistant Coach at Ohio University
2x NCAA All-American at Northern Iowa

Bobby Shriner
NCAA All American at UNC-CH
Head Coach at Orange High School
Team won State Championships in ’08, ’09, ’11, & ’12

Lee Roper
SoCon Champ at ASU
Owner & Operator of The Compound Wrestling Club
in Atlanta, GA

And many more outstanding coaches & ASU wrestlers

Register online at
www.camps.appstate.edu
There will be four separate team sessions.

**HIGH SCHOOL SESSIONS**

**JULY 6-9, JULY 10-14, JULY 15-18**

- High school divisions only.
- **First** (July 6-9) and **Third** (July 15-18) Sessions will wrestle eight dual meets.
- **Second** (July 10-14) session will wrestle 11 dual meets.
- Individual tournaments will be held at the end of each session.
- All wrestlers should be ready for high school level wrestling.

**INTENSIVE CAMP   JULY 10-18**

Campers will get matches with other intensive campers, will wrestle in two individual tournaments, and will wrestle on teams at the Team Camps. Wrestlers will get to wrestle as many as 20 to 30 matches along with learning to drill and condition like collegiate wrestlers. Wrestlers must be ready for intensive activity and drilling when they come to camp. All Intensive Campers must be 15 yrs or older and have 3+ years of wrestling experience. **Beginning wrestlers cannot sign up for the Intensive Camp.**

**JUNIOR HIGH/M.S. DIVISION JULY 10-14 & JULY 15-18**

Mountaineer Wrestling Camp has opened the last two sessions of summer camp to junior high as well as high school wrestlers. In these two sessions we run junior high matches and a special junior high tournament to give your young and inexperienced wrestlers a shot at success. We also group wrestlers by weight to give your light and heavy wrestlers a better chance to succeed. Discounts are available for junior high teams and these teams can be combined with your high school teams for discounts. We accept wrestlers as young as 10 years old.

**COACHES EDUCATION**

There will be a coaches education session at each camp. The coaches sessions will involve topics such as strength & conditioning, nutrition, marketing, and fund-raising for your program. This is included in the camp with no additional cost to coaches.

**SPECIALIZED TECHNIQUE & TRAINING CAMP JUNE 17-21**

- Limited to the first 40 paid registrations
- Open to wrestlers 15 years and older
- Camp will be run exclusively by ASU Coaching Staff
- Campers will get more specialized, individualized instruction, and will be given a taste of collegiate type training
- Camp will take place in the ASU Wrestling Room
- Register online at www.camps.appstate.edu
- **No team discounts for this camp**
WHO IS ELIGIBLE TO ATTEND?
- Open to wrestlers 10 yrs of age to rising seniors
- 2013 graduates may attend for instruction or to help coach, but cannot wrestle in matches

TEAM RATES
Teams must consist of at least 10 wrestlers at the time of check-in to qualify for the discount. If a team drops below discount number at check-in or if coach does not stay with the team, the discount will be removed and full balance must be paid.

DAY STUDENTS
- Local students may attend as day campers
- Rate includes all instruction and insurance coverage. (No meals are included)
- Day students may purchase their own meals in the cafeteria

REGISTRATION
- Varsity Gym, 1:00-4:00 p.m. first day of each session
- Weigh-in 1:00-4:00 p.m., Varsity Gym

2012 RATES & TEAM DISCOUNTS

SESSION 1 and 3 (4 days)
- Resident camper $340.00
- Day camper $260.00

SESSION 1 and 3 (4 days)
- 10-14 wrestlers - $25 off per person if received by May 31 ($100 deposit each)
- 15 or more wrestlers - $30 off per person if received by June 1 ($100 deposit each) *No discounts without deposits

SESSION 2 (5 DAYS)
- Resident camper $395.00
- Day Camper $295.00

SESSION 2 (5 DAYS)
- 10-14 wrestlers - $35 off per person if received by June 1 ($100 deposit each)
- 15 or more wrestlers - $40 off per person if received by June 1 ($100 deposit each) *No discounts without deposits

INTENSIVE CAMP
- Resident Camper $750.00
- Day Camper $550.00
- Intensive teams with 10 or more - $75 off each

JUNE SPECIALIZED CAMP - Individual Campers
- Resident Camper $425.00
  - No team Discounts
Team members may be substituted up until June 14, 2013. This will allow for those who need to go to summer school. **No deposits will be returned.** Discounts will only be applied to wrestlers coming the same session as their coach. Coaches with 10-14 wrestlers come free — 15 or more wrestlers, two coaches free. Junior high and varsity teams can combine for discounts, but registration must be sent in together.

- Coaches must register their team on the team registration form or on-line at: www.camps.appstate.edu
- Application for team must be received with all members listed and a school/personal check/money order/cashier check for the full deposit for the team. Junior high and varsity should be turned in together to get combined discounts.
- Deposits must be with the application to receive discount.
- Team members may be substituted at registration for teams that have 10 or more paid wrestlers registered by May 31, 2013; additional team members may come at full fee, provided space is available.
- To add team members or to substitute a team member prior to June 14, 2013, complete team application form with the front sheet completed and labeled “add-ons/changes.” You may fax with credit card to 828-262-4992.
- **No refund of deposit for any reason.**
- Discounts only apply to registrations received before May 31, 2013.
- Full fees will apply to registrations received after May 31, 2013.
- Four-day session will have six, one and one-half hour teaching sessions, two review sessions.
- **No discount will be given, or any discount already applied will be removed, if a team drops below discount number at registration or if coach does not stay with team.**
- Once on-site registration has started, there are no refunds for early departures or individual “no shows.”
- All matches will be officiated by ASU wrestlers and staff. Certified referees will not be used.
INDIVIDUAL WRESTLERS
- Individual wrestlers can come to any session and will be assigned to a team.
- Individual wrestlers are wrestlers without a coach. No discounts apply to individual wrestlers; full amount must be paid.
- Wrestlers will be supervised by qualified staff.
- Wrestlers must adhere to the code of conduct.

HOUSING & MEALS
- All resident campers will be housed in residence halls on campus.
- Supervision is the responsibility of the coach attending with his team, plus ASU staff.
- Balanced meals will be served by University Food Services. Meals will be served from the breakfast meal on the first morning through dinner the last full day.
- Meals can be purchased in cafeteria the first night or last morning by paying cash.

CHECK OUT TIME FOR CLOSING DAY OF CAMP
Check out from residence hall will be from 7:00 am - 9:00 am the last day of camp.
- After check out participants report to Varsity Gym for closing session.
- 9:30 am - 10:00 am – Drill session for all participants in tournament.
- An optional tournament will begin at 10:30 am after closing session.
- Breakfast will not be served the last morning of each session but can be purchased in the cafeteria.

HEALTH AND WELFARE
- Campers covered with a limited accident/illness insurance policy.
- Certified athletic trainers on duty at all sessions.
- Medical information, insurance information, and parent/guardian signature required on Release for Treatment/Indemnity Statement which can be found on-line at www.camps.appstate.edu
- This completed form (notarized preferred) must be turned in at registration before you can participate.
TEAM SESSION

- A year’s experience in one session.
- An outstanding experience for beginning, as well as experienced wrestlers.
- Each team will wrestle eleven (11) matches (5 day session) along with an optional individual tournament.
- Quality instruction each day.
- Teams will weigh-in one time on the first day of camp from 2-4 p.m. in Varsity Gym after they have been registered.
- Weights will be the same for individual tournament on last day of camp.
- Junior high weights may be grouped by camp personnel.
- No additional weigh-ins.
- Coaches will only be guaranteed their team if they can cover at least 10 weights with their wrestlers.
- Some teams will be combined by camp personnel.
- Small teams and individuals are not guaranteed to stay together.
- Coaches Education Sessions will be provided.

INSTRUCTION AREAS MAY INCLUDE:

1. Takedowns
2. Takedowns
3. Takedowns
4. Takedown counters
5. Legs & counters
6. Legs & counters
7. Reversals, Escapes
8. Mat Wrestling
9. Pinning I
10. Pinning II
11. Heavyweights Room

- A separate area designed for heavyweights. (Heavyweights will have options each session.)
- Four-day session will have only six teaching sessions and eight matches.
- If numbers permit, groups for advanced and beginning wrestlers will be provided.
Coach bringing 10 or more wrestlers is provided room and meals at no cost.

Coach will be responsible for supervising their wrestlers and enforcing the code of conduct for this camp.

Additional coaches accompanying a team may participate for $185.00 per coach.

A second coach is free with 15 wrestlers.

Coaches responsible for residence hall duty and enforcement of rules and regulations of Wrestling Camp and Appalachian State University.

All coaches must do one night of dorm duty.

Coaches will be responsible for taking roll at all sessions.

Intensive camp coaches can come free with 10 wrestlers; two coaches free with 15 wrestlers.

Additional coaches for intensive camp - $355.

Coaches are responsible for the following prior to registration:

- Submission of team application and one school check/cashier check/credit card/money order/personal check for full deposit of team.
- Individual Indemnity/Release for Treatment Forms for each registered player to be completed by the parent/guardian of each player—which can be found on-line at www.camps.appstate.edu.
- Bring forms to registration to turn in. (Extra copies may be made of the application if needed).

No discount will be given or any discount already applied will be removed if a team drops below discount number at registration or if coach does not stay with team.

RENEWAL CREDIT

- Appalachian has provided for coaches to obtain renewal credit through your county and state Board of Education. Technology credit also available.
- Three hours credit for the five day week and two hours credit for the four day week.
- Extra hours of instruction are required along with pre approval of your county Board of Education.
NEW TEAM REFERRAL DISCOUNT

ASU Wrestling Camp is offering a new discount to coaches, which attended camp in 2011 or 2012, who refer new teams to the camp.

- A “new team” is any team which has not attended the camp in the past five (5) years. The new team must bring ten (10) or more campers for the referring coach to qualify for the discount.
- The returning coach who refers a new attending team will receive a discount rate equivalent to one camper or spread evenly for each wrestler.
- To qualify for the discount contact Jack Chambers at 828.262.2933 or chambersje@appstate.edu.

According to NCAA rules and regulations all camps and clinics are open to any and all entrants regardless of skill level (limited only by number, age, grade level and/or gender).

Appalachian State University is committed to providing equal opportunity in education and employment to all applicants, students, and employees. The university does not discriminate in access to its educational programs and activities, or with respect to hiring or the terms and conditions of employment, on the basis of race, color, national origin, religion, creed, sex, gender identity and expression, political affiliation, age, disability, veteran status, or sexual orientation. The university actively promotes diversity among students and employees. The University reserves the right to cancel this program.