



MICHIGAN WRESTLING CAMPS 2010

www.michiganwrestlingcamps.org

NON PROFIT ORGANIZATION
US POSTAGE PAID
ANN ARBOR, MI
PERMIT NO. 29

MICHIGAN CAMP STAFF

The Michigan wrestling program is consistently one of the top programs in the country! All members of the staff, from the clinicians, trainers, camp counselors and current University of Michigan wrestlers, were chosen for their knowledge, helpfulness and desire to teach young wrestlers. We teach all facets of wrestling and ensure that each wrestler enjoys the entire week of camp. Our goal is to develop and maximize wrestling skills and talents by offering the personalized training that is important in becoming a champion-ship-caliber wrestler.

CHECK OUT OUR QUALITY CAMP STAFF

Following is a list of a few members of our world-class staff you can expect to work with at camp (additional coaches may be added):

JOE MCFARLAND

- University of Michigan Head Coach
- Four-time All-American (Michigan)
- World Silver Medalist
- World Cup Champion

KIRK TROST

- University of Michigan Assistant Coach
- NCAA Champion (Michigan)
- Two-time All-American
- World Cup Champion
- World Bronze Medalist

MIKE KULCZYCKI

- University of Michigan Assistant Coach
- NCAA All-American (Michigan)
- U-M Team Captain
- 2x Ohio High School State Champion

RYAN CHURELLA

- Three-time All-American (Michigan)
- NCAA finalist
- U-M Team Captain
- 2x Ohio High School State Champion

TYREL TODD

- Three-time All-American (Michigan)
- Big Ten Champion
- U-M Team Captain

JOE MCFARLAND

- University of Michigan Head Coach
- Four-time All-American (Michigan)
- World Silver Medalist
- World Cup Champion

TYREL TODD

- Three-time All-American (Michigan)
- Big Ten Champion
- U-M Team Captain

Our counselors are all current U of M wrestlers, including:

- **Anthony Biondo** - NCAA Qualifier, 3x Michigan State Champion
- **Sean Boyle** - Senior HS National Champion, 2x National Prep Champion, 2x Massachusetts State Champion
- **Mark Weber** - 4x Michigan State Champion
- **Brandon Zierp** - 2x Michigan State Champion
- **Justin Zierp** - NCAA Qualifier, 4x Michigan State Champion
- **Dan Yates** - Senior HS National Champion, 3x Michigan State Champion
- **Eric Grayales** - 2x FILA Jr. World Team Member, 4x Florida State Champion, Junior Freestyle National Champion, 4x Fargo Greco-Roman National Champion
- **Dave Johnson** - Michigan State Champion
- **Kellen Russell** - NCAA All-American, 2x Big Ten Champion, Senior HS National Champion, Junior Freestyle

For detailed camp information or online registration, please visit our website:
www.michiganwrestlingcamps.org

2010 MICHIGAN WRESTLING CAMP AND COACH APPLICATION

Name _____ Date of Birth _____
 Home Address _____
 City _____ State _____ Zip _____
 Home Phone (____) _____ Parent's Work Phone (____) _____
 Emergency Phone (____) _____ Male Female

Parent's Name (print) _____
 Parent's Signature _____
 E-Mail Address (please print) _____
 Student's Signature _____ T-Shirt Size _____
 School Attending _____
 Age (while at camp) _____ Upcoming Year in School _____

If applicable, Wrestler Group Discount (circle one): \$10 (5-9) \$15 (10-19) \$20 (20+)
Coaches Rates (circle one): \$220 (regular) • \$195 (5-9 wrestlers) • \$175 (10-19 wrestlers) • 1 coach free/additional coaches \$145 (20+ wrestlers)

Check the camp(s) you will attend:

<input type="checkbox"/>	Competition & Team Camp	June 27-July 1
<input type="checkbox"/>	Technique Camp	July 11-15
<input type="checkbox"/>	Advanced Training Camp	July 11-15
<input type="checkbox"/>	Heavyweight Camp	July 11-15
<input type="checkbox"/>	Lil' Wolverine Commuter Camp	July 12-14
<input type="checkbox"/>	Takedown Commuter Camp	July 19-21

Make Checks Payable to: Michigan Wrestling Camps LLC

DISCLAIMER OF LIABILITY
 The University of Michigan, its Athletic Department and its staff do not assume liability for any injuries incurred while at camp or on the way to camp. Parents should contact their own insurance carrier to secure additional insurance for the camper. If necessary, as a condition of enrollment, the following Disclaimer of Liability must be signed and dated by the camper, in attending the Wolverine Wrestling Clinic and in using the University of Michigan facilities does so at his own risk. The University of Michigan, its Athletic Department and its staff shall not be liable for damages arising from personal injury sustained by the camper during the clinic or at the facilities. The camper and his parents assume full responsibility for any damages or injuries which may occur to the camper during the clinic session and so hereby fully and forever exonerate and discharge the University of Michigan, its Athletic Department, its staff, its owners, employees and agents from any and all claims, demands, damages, rights of action, present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of the camper's participation in the clinic session and in the use of the facilities.

MEDICAL INFORMATION
 As a condition of participation in the Wolverine Wrestling Clinic, each participant must have had a physical check-up by a certified physician within the last calendar year.

physical check-up by a certified physician within the last calendar year.
 has had a physical within the last year and has been declared healthy and able to participate in the clinic activities. [Please bring a copy of the physical to camp registration.]

Signature of Parent or Guardian _____
Date _____

This page is standard for Clinics at the University of Michigan. Please read carefully before signing, certifying the above information is accurate.

2010 Michigan Wrestling Camps
 Michigan Wrestling Office
 1000 S. State Street
 Ann Arbor, MI 48109-2201

2010 Michigan Wrestling Camp Schedule	
Competition & Team Camp	June 27-July 1
Technique Camp	July 11-15
Advanced Training Camp	July 11-15
Technique Camp	July 11-15
Heavyweight Camp	July 11-15
Lil'Wolverine Commuter Camp	July 11-15
Takedown Commuter Camp	July 11-15
2010 Ohio Commuter Camp	July 6-8

@ Lakewood St. Edward HS (see website for details)

For information on all of our camps, visit our website: www.michiganwrestlingcamps.org

For complete and detailed camp information, including information on our Ohio commuter camp in Lakewood, please visit our camp website www.michiganwrestlingcamps.org

Competition & Team Camp

June 27-July 1

(recommended for wrestlers entering grades 9-12)

Camp Highlights and Features

- Three to four dual meets daily
- Organized instruction before dual meets
- Championship singlets and t-shirts for 1st and 2nd place teams
- Awards for camp OW and Most Falls; T-shirts for individual tournament champions
- Scrimmage by weight class on Sunday evening
- Individual Tournament by weight class on Thursday

One of our most popular camps, the Michigan wrestling staff has developed a camp that is designed for the competitive, high school-aged wrestlers who desire a camp where competition is a priority. The Michigan Competition Camp offers wrestlers the opportunity to develop their individual skills as well as competing often during the week in dual meets and tournament action. Teams are encouraged to attend and compete together. However, individuals, small groups or a combination of schools who want to be part of the competition camp, will be assigned to a team composed of 12 weight divisions. Wrestlers will compete in approximately 15-20 individual matches while at camp.

During the course of the week, wrestlers will participate in a team dual meet tournament, along with an individual double elimination tournament on Thursday. Prior to each dual meet, daily technique sessions will be an integral part of the team camp experience. Please visit our website for the weight classes that will be used at camp for 2010.

Technique Camp

July 11-15

(recommended for wrestlers entering grades 7-12)

Camp Highlights and Features

- One of the top camps in the country
- Choice of six different concentration areas
- 18 hours of individual instruction
- Individual tournament by weight class
- Featured lectures and motivational talks
- On-going team recreational sports tournament
- Awards to team and individual champions

This is the 33rd year the Michigan Wrestling Camps have been held on the beautiful University of Michigan campus. The camp, one of the finest in the nation, has been one of the most popular camps in the Midwest. Spend a week with us and learn why the Michigan wrestling team is consistently one of the top programs in the country!

We have an outstanding staff, and we teach the most successful current techniques used by elite wrestlers. **One of the areas that separates our technique camp from others is the fact that - you the wrestler - will be able to choose the area of wrestling instruction that you desire to concentrate on during the course of the week (see areas of concentration below).** Additionally, we feature tours, guest lectures, tournaments, rec. games etc., which will guarantee a successful week for any young wrestler who aspires to be better. This camp also features an on-going individual wrestling tournament throughout the week. Teaching winning technique is our primary purpose, but providing a "total clinic experience" is also important. **Areas of concentration: Leg Takedowns * Other Takedowns * Riding and Pinning * Escapes and Reversals * Counter Offense * Leg Wrestling from Top.** Visit our website for more detailed descriptions of technique concentrations.

Advanced Training Camps

July 11-15

(recommended for wrestlers entering grades 9-12)

Camp Highlights and Features

- Daily technique and analysis
- Structured drilling and combative wrestling
- Strength training and conditioning
- Individual tournament by weight class
- U-M wrestlers train with you!

It takes a unique desire and commitment to excellence to become a **state champion**. That is why we have designed the Advanced Training Camp. This camp is a combination of technical instruction, drill sessions, combative wrestling and strength training. The Advanced Training Camp brings together the University of Michigan coaching staff's proven teaching methods combined with a first-class learning environment. Every session will be handled with the same thoroughness we apply to our own team practices. U-M wrestlers will train with you! In addition, special sessions on important areas of sport science, such as mental preparation, film analysis and nutrition will be addressed throughout the camp. Designed for the serious wrestler, the camp will teach wrestlers how to prepare themselves physically as well as mentally to win the big matches. The Advanced Training Camp is a very challenging camp, therefore all camp participants are strongly encouraged to attend in good shape. We emphasize an aggressive, tough style of wrestling and reinforcement of sound wrestling principles through repetitive drills.

"Big Boy" Heavyweight Camp

July 11-15

(recommended for wrestlers entering grades 7-12)

Camp Highlights and Features

- One of the top heavyweight camps in the country
- 18 hours of individual instruction
- Individual tournament by weight class
- On-going team recreational sports tournament
- Awards to team and individual champions

Over the years, the Michigan wrestling program has continued to develop outstanding heavyweights that have succeeded at the national level. Under the direction of assistant coach Kirk Trost, the Wolverines have earned nine NCAA All-America plaques in the last 14 seasons. Trost, one of the most accomplished heavyweights in U-M wrestling history, was a Big Ten and NCAA champion, a World Cup Freestyle champion and a Bronze medalist at the World Championships. The Michigan heavyweight camp concentrates on techniques and strategies that have proven successful for heavyweight wrestlers. 215-pound wrestlers are welcome to attend the heavyweight, and plenty have over the years. Assisting coach Trost in the week-long instruction will be the current Wolverines' heavyweights. Spend a week at the Michigan Heavyweight Camp, and learn to dominate the "Big Boys."

Lil' Wolverine Commuter Camp

July 12-14

(recommended for ages 8-11)

The focus of this camp will be to teach 8-11 year-old wrestlers the techniques and skills necessary to be a successful wrestler as they mature. Basic skills and techniques will be stressed. This will be an instructional clinic with some competitive wrestling. Wrestlers will be divided into two groups -- beginners and advanced beginner. Sessions will be organized and taught by the University of Michigan staff and wrestlers. The Lil' Wolverine Commuter Camp will run from Monday through Wednesday.

Takedown Camp

July 19-21

(recommended for wrestlers entering grades 9-12)

@ Bahna Wrestling Center

NEW FOR 2010! Hosted at the new Bahna Wrestling Center, the Michigan Takedown Camp will feature three days of takedown technique instruction and drilling. Both offensive and defensive technique and positioning will be covered. We emphasize versatility in high and low attacks to both sides of the body. Instruction will include hand fighting, scoring techniques and multiple set-ups and finishes for single legs, double legs, high crotches and other takedowns. The Takedown Camp will be commuters only.

For complete camp information or online registration, please visit our camp website www.michiganwrestlingcamps.org

General Information

Camp Fees

Living Accommodations: South Quad, a University of Michigan residence hall, will be home of the Michigan Wrestling Camps. All facilities are supervised by resident hall assistants day and night. Rooms will be assigned in the dorm at camp check-in on Sunday. Wrestlers can also pick roommates at check-in. For more info on dorms, check: www.cms.housing.umich.edu.

Food: Meals will be prepared and served in the residence hall lunch room facilities. Food service begins with breakfast on Monday morning and ends with lunch on Thursday afternoon.

What to Bring: Campers should bring hygiene items, sheets, blanket, towel, pillow, pillow case, fan, alarm clock, wrestling shoes and plenty of wrestling workout gear. Laundry facilities will be available in the dorm.

Merchandise: Michigan Wrestling workout t-shirts, workout shorts, etc. will be available for sale throughout the camp. Quality Cliff Keen wrestling equipment such as knee pads, headgear and singlets will also be available.

Email Notification: An acceptance notice will be sent out **via email** to all applicants after application/deposit is received, confirming the choice of sessions, daily camp schedule and providing all basic check-in/check-out information. **Please include an email address with your application.**

Health & Safety: Please download all medical and insurance forms from the camp website. **These forms must be collected at Sunday's registration check-in. A copy of a recent or annual high school physical is also required at check-in. Please do not mail in forms.** Any illness or injury will be handled by the University of Michigan trainers and doctors. If an applicant has any special health needs, a note of explanation should be included with his/her application.

For travel plans and directions to camps, please visit www.michiganwrestlingcamp.org.

Summary of Camp Pricing Structure:

- Competition Camp - \$425 per applicant
- Technique Camp - \$425 per applicant
- Advanced Training Camp - \$440 per applicant
- Heavyweight Camp - \$425 per applicant
- Lil' Wolverine Commuter Camp - \$175 per applicant
- Takedown Commuter Camp - \$225 per applicant
- Coaches Rate - \$220 per coach (see coaches discounts)

- Deposit for Camp is \$100
- Commuters take \$100 off camp fee

Coaches: Come spend a week with us at Michigan Wrestling Camps. Study and film some of the finest clinicians in the nation as they teach the skills, drills and techniques that made them champions. Coaches fee is \$220. Coaches discounts available. All coaches who attend will receive a free Michigan Wrestling Coaches polo shirt.

Coaches Discounts - 5-9 wrestlers \$195; 10-19 wrestlers \$170; 20+ wrestlers, 1 coach free/additional coaches \$145. In order to receive the group discount, all applications must be sent in together.

Wrestler Group Discounts - 5-9 wrestlers take \$10 off per application; 10-19 wrestlers take \$15 off; 20 or more wrestlers take \$20 off. **In order to receive the group discount, all applications must be mailed in together.** Please check out our online registration that is available on our website.

Refund Policy: Refund of deposit will be 50% 14 days prior to start of camp. Refunds will be made upon a written or email request. (joemcfar@umich.edu)

