

If you want to sign up for the camp, please remove this section of brochure and mail in the registration and check to:

Mike Schadwinkel
Head Wrestling Coach
Grand Island Senior High
2124 N. Lafayette Ave.
Grand Island, NE 68803

Phone: (308) 380-6088
Email: mschadwi@gips.org

Name: _____

School: _____

Phone: _____

Address: _____

City: _____

State: _____

Zip: _____

Health Insurance Company:

Group Number:

Attention:

I hereby give permission for my child to participate in the Islander Wrestling Camp. I also agree that neither the school, nor their representatives will be held responsible for any injury to the named student in the course of such activity. I understand that Grand Island School District #2/Grand Island Senior High does not provide insurance for student's participation in the summer camps and that it is the responsibility of the parent/guardian.

Parent/Guardian signature:

Estimated Camp Schedule:

Thursday (19th)

11 am – 1 pm: check-in
1 – 2:30 pm: Technique session
2:30 – 5:30 pm: Duals 1 & 2
5:30 – 6:30 pm: Break
6:30 – 9:30 pm: Duals 3 and 4
9:30 pm: Wrap-up

Friday (20th):

8:00 – 9:00 am: warm-up
9 am – 12 noon: Dual 5 and 6
Noon – 1 pm: Break
1 – 2 pm: Strength and Conditioning
Session
2 – 3:30 pm: Technique
3:30 – 6:30 pm: Dual 7 & 8
6:30 – 7:30 pm: Break
7:30 – 9 pm: Dual 9
9 pm: wrap up

Saturday (21st):

9 am – 10:30 am: Technique
10:30 am – 1:30 pm: Duals 10 and 11
1:30 pm wrap up

Grand Island Senior High WRESTLING

“A true champion lives a champion's life every day, not just during competition.”

Team Commuter Wrestling Camp

June 19-21, 2008

**Grand Island Senior High's East Gym
2124 N Lafayette St.
Grand Island, NE**

Camp Clinicians:

Tolly Thompson



- **2005 Bronze Medalist at World Freestyle Championships**
- **2005 John W. Smith Outstanding US Freestyle Wrestler**
- **2004 Runner-up Olympic Team Trials**
- **2003 Runner-up World Team Trials**
- **3 s NCAA All-American**
- **1995 NCAA Champion at Nebraska**

Eric Akin



- **2002 US Open Freestyle Runner Up**
- **2001 US Open Freestyle Champion**
- **2000 US Open Freestyle Runner Up**
- **2000 Olympic Team Trials Runner-up**
- **2000 World Cup Freestyle Runner-up**
- **1999 World Team Trials Freestyle Champion**
- **1998 World Team Trials Runner-up**
- **1996 Olympic Team Trials Runner-up**
- **1994 Pan American Freestyle Champion**
- **4 x NCAA All-American at Iowa State**
- **1994 Iowa State Male Athlete of the year/Wrestler of the year**

Special Guest Speaker:

John Swanson



- **Grand Island Senior High School and Nationally Certified Strength and Conditioning Coach**
- **Trained 4 state Wrestling Champions, 31 state medalists, and 5 out of 6 top 10 teams since 2003**
- **Nationally publicized research**

LOCATION: Grand Island Senior High School
2124 N Lafayette – East (Old) Gym, on the corner of Lafayette and College Streets

COST: \$600 per team of up to 15 wrestlers and \$40 each additional participant. We will make a team or multiple teams out of extra wrestlers or non-affiliated wrestlers. Non-affiliated wrestlers cost will be \$60.

WHO: The camp is designed for incoming 8th-12th grade wrestlers and their teams, along with their coaches. The goal of the camp is to provide an opportunity to compete and learn technique during the off-season for a fraction of the cost of a regular team camps or tournaments.

Athletes will be weighed in at check-in on Thursday and will fill into high school weight classes with up to a 5 pound allowance

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Parent/Guardian signature:

CAMP SCHEDULE:
THURSDAY, JUNE 19

SESSION I: 3:30-5:30 PM

FRIDAY, JUNE 20

SESSION II: 3:30-5:30 PM

SATURDAY, JUNE 21

SESSION III: 11 AM- 1 PM

WHO IS THE CAMP FOR?

The camp is designed for wrestlers who have been involved in a club and want to learn more wrestling technique. Preferred age group is wrestlers going into grades 3-8.

WHAT DO I NEED TO DO TO GET SIGNED UP?

Tear off the registration form and mail it along with the \$30 payment to:

MIKE SCHADWINKEL
GRAND ISLAND SENIOR HIGH
2124 N LAFAYETTE ST.
GRAND ISLAND, NE 68803

Grand Island Senior High WRESTLING

"A true champion lives a champion's life every day, not just during competition."

Youth Wrestling Camp

June 19-21, 2008

**Grand Island Senior High
2124 N Lafayette St.
Grand Island, NE**

Camp Clinicians:

Tolly Thompson



- 2005 Bronze Medalist at World Freestyle Championships
- 2005 John W. Smith Outstanding US Freestyle Wrestler
- 2004 Runner-up Olympic Team Trials
- 2003 Runner-up World Team Trials
- 3 s NCAA All-American
- 1995 NCAA Champion at Nebraska

Eric Akin



- 2002 US Open Freestyle Runner Up
- 2001 US Open Freestyle Champion
- 2000 US Open Freestyle Runner Up
- 2000 Olympic Team Trials Runner-up
- 2000 World Cup Freestyle Runner-up
- 1999 World Team Trials Freestyle Champion
- 1998 World Team Trials Runner-up
- 1996 Olympic Team Trials Runner-up
- 1994 Pan American Freestyle Champion
- 4 x NCAA All-American at Iowa State
- 1994 Iowa State Male Athlete of the year/Wrestler of the year

Grand Island Senior High WRESTLING

“A true champion lives a champion’s life every day, not just during competition.”

Since 2003:

- 4 Individual State Champions
- 31 State Medalists
- 5 top 10 State Tournament Finishes
- 2 top 5 State Tournament Finishes
- 1 College All-American