

**2010**

**SOUTHERN PLAINS**

**KIDS/CADETS&JUNIORS**

**FREESTYLE & GRECO**

**WRESTLING CAMP**

**MAY 31st - JUNE 3rd**

**TEAM KANSAS CAMP**

**CAMP DIRECTOR**

**Will Cokeley**

**708-267-6615**

**willcokeley@gmail.com**

## Camp Housing

Campers will be housed in residence halls at Ft. Hays State, Hays, KS. **Linens and towels are not provided.** Campers need to provide their own linens, or sleeping bag, towels and toiletries. Wrestlers also need to bring 3 sets of clean wrestling gear for each day, along with running shoes. Coin laundry facilities available on site.

**Coaches/Parents are welcome to attend at a reduced rate.**

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There will be an "Early Bird" Registration discount of **\$50** for entries received before May 9<sup>th</sup>, 2010.

**CAMP FEE, REGISTRATION  
AND TOURNAMENT ENTRY  
CONFORMATION MUST BE  
RECEIVED BY MAY 25, 2010**

Application Form-Complete front and back. Cut and mail to the address on the reverse side.

**Circle below**

Resident	\$275.00
Commuter	\$205.00
Coach/Parent	\$110.00

If you have a preference for roommate(s), list their name below (there will be 2 wrestlers in each room). We do not guarantee that all will be honored and may change room assignments without notice at our discretion.

Roommate preferred \_\_\_\_\_

# 2010 Southern Plains Kids Cadets & Juniors Wrestling Camp May 31<sup>st</sup> - June 3<sup>rd</sup> Fort Hays State University

## Head Coach: Eric Akin

Coaching Staff to be announced. It will be comprised of current and past Kansas Wrestlers from all of the Post High School programs in Kansas.

Regional transportation will be provided to the camp. Email Director for Details.

## Check-In

Monday, May 31<sup>st</sup> 4:00 – 6:00 at FHSU, 600 Park Street St., Hays, KS. Meal will be provided on Monday night. There will be a team meeting at the Residence Hall at 6:30 p.m.

## Cost

Resident ..... \$275.00  
Commuter ..... \$205.00  
Coaches/Parent ..... \$110.00

All campers will have their Southern Plains Tournament entry fee paid.

## Eligibility & Insurance:

Each camper must have a USA Wrestling card for insurance. This is a USA Wrestling sanctioned event. **The camp is open to all wrestlers born prior to 2002.**

Daily Schedule Tue & Wed  
WAKE UP ..... 7:30 a.m.  
BREAKFAST ..... 7:45 a.m.  
FIRST SESSION ..... 9:00 a.m.-11:00 a.m.  
LEISURE TIME & LUNCH .. 11:00 a.m.-2:00 p.m.  
SECOND SESSION ..... 2:00 p.m.-4:00 p.m.  
DINNER ..... 5:00 p.m.  
THIRD SESSION ..... 7:00 p.m.-9:00 p.m.  
ROOM CHECK ..... 10:00 p.m.  
LIGHTS OUT ..... 10:30 p.m.

Practices will be focused on technique and live wrestling.

Wrestlers are to be on time to all practices and are expected to participate in all training activities.

Groups will be set up based on age and/or Freestyle and Greco Roman experience.

This camp will **NOT** be a conditioning camp. Wrestlers expected to show up at camp properly conditioned.

## Thursday, June 3

Regular schedule up to dinner. Greco Setup after dinner.  
\*Camp wrestlers not entered in Greco will have optional practice in the afternoon and evening.

See Southern Plains Schedule:  
<http://www.themat.com/events/default.php?page=default&EventID=21941>

Greco Registration (Kids & Cadets)..7:00 p.m.-8:00p.m.

Greco Weigh in (Kids & Cadets).....8:00p.m.-8:20p.m.

## Friday, June 4 Camp Check Out by 8:30 am.

See Southern Plains Schedule:  
<http://www.themat.com/events/default.php?page=default&EventID=21941>

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ T-shirt Youth: M L Adult : S M L XL XXL  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Parent/Guardian \_\_\_\_\_ Email address \_\_\_\_\_  
Home Phone \_\_\_\_\_ Emergency Phone ( \_\_\_\_\_ )

All participants in the camp will be covered by a secondary accident insurance policy provided by USA Wrestling. I hereby authorize the staff of the camp to act for me, according to their best judgment in any medical emergency and I hereby waive and release said camp from any and all liability of injuries or illness incurred while at camp.

Parent/Guardian Signature \_\_\_\_\_  
Insurance Co./Policy # \_\_\_\_\_

**2010 USA Wrestling Card #** \_\_\_\_\_

Send camp application and tournament entry form to: **Will Cokeley 1225C E. 23<sup>rd</sup> St. Lawrence, KS 66046**