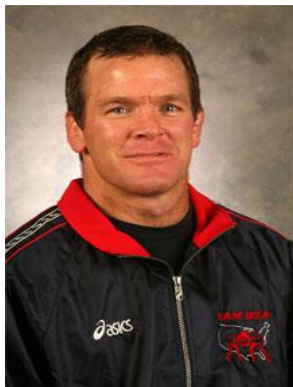


World Class Team Wrestling Camp

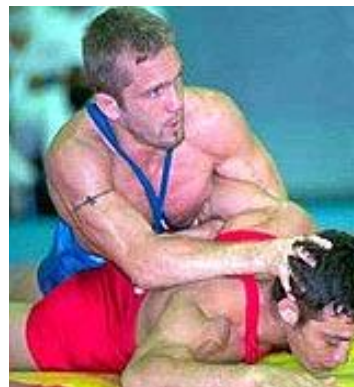
July 18th – 21st 2010

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

Including:

Esai Dominguez

D-II All-American
Current UNO Wrestler

Nathan Sigman

2x SD State Champ
Current UNO Wrestler

Adam Manz

2x NAIA Qualifier
Current Dana Wrestler

Jimmy Rollins

Juco & NAIA Champ
Asst Coach Dana College

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 or www.ericakin.com



2010 World Class Team Wrestling Camp

July 18th - 21st - 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 1st, all after July 1st 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 18th 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 21st- 5:00pm- Thomas Jefferson High School- New Field House Lobby

Additional forms and information available at www.cbcbawrestling.org or 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 1st)

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 _____