

What to bring to camp: Each camper will be responsible to bring his own workout gear. This includes wrestling and running shoes, workout shorts and shirts, sweatshirts, socks, towels, soap, etc. All wrestlers will sleep in the school gymnasium, so will need to bring their own sleeping bags, pillows, etc. Other important items include toothbrush, lock and extra spending money. Three meals a day will be provided. There will be a snack bar that will be open before and after each session.

Conditioning: Wrestlers are expected to arrive at camp healthy and in good shape. There will be running each morning and two sessions of wrestling. In at least one session each day there will be live competition..

Coaches: Coaches of teams or individuals are welcome to participate in and/or video all camp wrestling sessions and activities.

Top 10 State Teams finishes represented from 2008 Camp:

- 6A Newberg (State Champs), Roseburg 2nd and Sprague 3rd
- 5A Thurston 3rd, West Albany 5th and Crook County 8th
- 4A Sweet Home (State Champs), Tillamook 5th and South Umpqua 8th
- 3A Nyssa 2nd

**Send Registration form to:
SANTIAM WRESTLING CAMP**

C/O Steve Thorpe
41888 North River Dr.
Sweet Home, OR 97386

Camp Directors:

Steve Thorpe Head Coach, Sweet Home HS
Neil Russo Head Coach, Newberg HS
Mike Simons Head Coach, Thurston HS
Steve Lander Head Coach, Roseburg HS

Camp Clinicians:

Luke Clever Head Coach, Nyssa HS
Lonnie Eggert Head Coach, Tillamook HS

Camp Rules:

There will be camp rules that must be followed. The campers are expected to adhere to all rules and expectations. Failure to follow the camp and school rules will result in disciplinary action that may result in removal from the camp with no refund.

Questions Contact:

Steve Thorpe, Camp Director
541-367-6110 (hm) or 541-367-7160 (wk)
E-mail: steve.thorpe@sweethome.k12.or.us



Jared "Bubba" Owens of Tillamook trains with Cascade Coach Jason Lovell

Welcome to the
**SANTIAM
INTENSIVE
WRESTLING
CAMP**



TRAIN WITH THE BEST!

“What are you doing while we are training?”

JULY 5TH—9TH, 2009
SWEET HOME HIGH SCHOOL
SWEET HOME, OREGON

TRAIN WITH THE BEST!

July 5th—9th, 2009



Coach Lander in a training session with National Team Member and Elite campers.

CAMP PHILOSOPHY

The camp is designed to teach basic fundamental wrestling technique for all styles of wrestling. Collegiate, Freestyle and Greco Roman technique will be involved in approximately 5 to 6 hours of championship wrestling instruction daily. Instruction is designed to motivate the average wrestler and challenge the more advanced. It is the goal of the camp directors that everyone who completes the camp will feel like he has developed skills and training methods that will enable him to reach his full potential as a wrestler while at the same time having a fun and positive experience. Because of the format of the camp, athletes will have choices at times of which style they wish to focus on.

The camp will include members of the Junior and Cadet National Teams as well as clinician and coaches from around the State.

Deposit and Balance: There will be a \$50 deposit to reserve a spot in the camp. There will be no refunds once they are accepted. The remaining balance can be paid anytime before the camp starts or upon arrival. The camp will be limited to the first 185 athletes. Oregon National Team members can attend camp at a discounted rate. Contact Steve Thorpe for information. No Refund on camp fee if you cancel after June 1st.

CAMP SCHEDULE

■ Wake Up!	7:00 am
■ Morning Run	7-8:00 am
■ Breakfast	8:00 am
■ Technique / Scrimmage	9:00 am—12:00 pm
■ Lunch	12-1:00 pm
■ Team Activities	2-4:30 pm
■ Dinner	5-6:00 pm
■ Technique / Scrimmage	6:30-9:00 pm
■ Lights Out	11:00 pm

Check-in/out: Registration for camp will be from 4-6 p.m. on Sunday July 5th. Checkout time for camp will be Thursday July 9th at 11:00am.

Miscellaneous information:

* *Registration and deposit or balance due by May 31st. If after this date contact Steve Thorpe to inquire about late registration and availability.*

* *This is not a commuter camp!*

* *Santiam Camp is for High School age only! If you are Jr. High age then you must be with a team.*

REGISTRATION FORM

Name _____

Address _____

DOB _____ Age _____ Shirt size _____

E-mail address _____

Phone # _____

Emergency Contact name and phone number _____

High School _____

\$50 non-refundable Check or money order

\$200 Total. Complete registration

Include insurance information

Make checks payable to **Santiam Wrestling Camp.**

TOTAL ENCLOSED _____

I hereby waive and release the Santiam Wrestling Camp and the Sweet Home School District from any and all liabilities and injuries or illnesses incurred while in camp. I authorize the said camp to act for myself or my child in any medical emergency according to their best judgment.

In case of injury or illness, necessary emergency treatment is authorized.

Parent/guardian's Signature _____

Athlete's Signature _____