

# “The Camp of Champions Wrestling Schools have more mat time than any camp in the nation...Guaranteed!”

## THE C.O.C. PHILOSOPHY!

The Camp of Champions Intensive Wrestling School knows wrestling! Our camp staff and world-class clinicians are the finest in the nation. COMPARE OUR COMPETITION, we are second to none. The C.O.C. attendees train in the finest possible atmosphere in the country. We believe that the arena for success is to train with the best, be taught by the world's finest, learn to work beyond the threshold of pain, and make positive actions habits in life. The Camp of Champions “Intensive” Wrestling School provides the tools for future champions to be successful on and off the mat.

## 2009 CAMP OF CHAMPIONS SITES, DATES & DIRECTIONS

### Colorado Christian University Denver, Co

June 7 - 11 Competition Camp / Team Camp

### Wayland Baptist University Plainview, TX

June 14 - 18 Competition Camp / Team Camp

### California Baptist University Riverside, CA

June 23 - 27 Competition Camp / Team Camp

### Central Washington University Ellensburg, WA

July 5 -15 11-Day Intensive Training / Comp. Camp  
 July 6 -15 10-Day HWT / Big Man Combo Camp  
 July 5 -11 7-Day Intensive Training Camp  
 July 6 -11 6-Day HWT / Big Man Camp  
 July 5 -9 5-Day Technique & Youth Camp  
 July 11-15 Competition Camp / Team Camp

### William Jessup University Rocklin, CA

July 11-21 11-Day Intensive Training / Comp. Camp  
 July 12-21 10-Day HWT / Big Man Combo Camp  
 July 11-17 7-Day Intensive Training Camp  
 July 12-17 6-Day HWT / Big Man Camp  
 July 12-16 5-Day Technique & Youth Camp  
 July 17-21 Competition Camp / Team Camp

### HOONAH ALASKA

August 3-9 Alaska Experience Training Camp

## CAMP OF CHAMPIONS “INTENSIVE” WRESTLING SCHOOL

P.O. Box 755 • Wildomar, CA 92595 • Phone (866) 854-2560

www: campofchamps.net

Email: campofchamps@ca.rr.com

## SCHEDULE OF CAMP DATES

### “West Coast Camps” (Rocklin, CA)

		Res. / Comm.
11-DAY INTENSIVE/COMP. CAMP	July 11-21	\$875.00 / \$570.00
10-DAY HWT/BIG MAN COMBO CAMP	July 12-21	\$800.00 / \$520.00
7-DAY INTENSIVE CAMP	July 11-17	\$560.00 / \$370.00
6-DAY HWT/BIG MAN CAMP	July 12-17	\$480.00 / \$310.00
5-DAY TECHNIQUE CAMP	July 12-16	\$400.00 / \$260.00
5-DAY YOUTH CAMP	July 12-16	\$400.00 / \$260.00
5-DAY COMPETITION CAMP	July 17	\$400.00 / \$260.00

### “Northwest Camps” (Ellensburg, WA)

		Res. / Comm.
11-DAY INTENSIVE/COMP. CAMP	July 5-15	\$875.00 / \$570.00
10-DAY HWT/BIG MAN COMBO CAMP	July 6-15	\$800.00 / \$520.00
7-DAY INTENSIVE CAMP	July 5-11	\$560.00 / \$370.00
6-DAY HWT/BIG MAN CAMP	July 6-11	\$480.00 / \$310.00
5-DAY TECHNIQUE CAMP	July 5-9	\$400.00 / \$260.00
5-DAY YOUTH CAMP	July 5-9	\$400.00 / \$260.00
5-DAY COMPETITION CAMP	July 11-15	\$400.00 / \$260.00

### (Competition Camps)

		Res. / Comm.
DENVER, CO	July 7-11	\$400.00 / \$260.00
PLAINVIEW, TX	July 14-18	\$400.00 / \$200.00
SOUTHERN CA	July 23-27	\$400.00 / \$260.00

### Alaska Experience Training Camp

HOONAH, AK August 3-9 \$570.00

### COMMUTER CAMPS

Intensive commuters will be given (3) meals per day. All other commuter camps will provide (2) meals per day.

### DEPOSITS

11-day and 10-day camps have a \$300.00 non-refundable deposit. All other individual camps have a \$200.00 non-refundable deposit.

### INFORMATION PACKETS

All wrestlers will receive an information packet within 21 days after the 2009 Camp of Champions application and deposit has been processed. This packet will answer all questions regarding balance payments, check-in and check-out times, equipment for camp, shuttles, etc.

## MEDICAL RELEASE FORM

I verify that my son has been checked by a licensed physician, and he is physically able to participate in the Camp of Champions “Intensive” Wrestling School wrestling camps. I hereby authorize the directors of the Camp of Champions “Intensive” Wrestling School to act for me according to their best judgement in any emergency requiring medical attention for illness or injury. I hereby waive and release the Camp of Champions “Intensive” Wrestling School from any and all illness or injury while attending camp.

**I UNDERSTAND IF THIS APPLICATION IS ACCEPTED, THERE IS NO REFUND IF WE (PARENT OR CHILD) SHOULD CANCEL THIS APPOINTMENT**

**AS A CONDITION OF ENROLLMENT, THE FOLLOWING DISCLAIMER OF LIABILITY MUST BE SIGNED AND DATED BY THE CAMPER'S PARENT / GUARDIAN.**

The camper, in attending the Camp of Champions “Intensive” Wrestling School, does so at his own risk. The University, its Athletic Department and staff shall not be liable for any damages arising from personal illness or injury sustained by the camper during the camp. The camper and his parents / guardians assume all responsibility for any damages, injuries or illness which may occur to the camper during the camp session and so hereby fully and forever exonerate and discharge the University, Camp of Champions “Intensive” Wrestling School, staff, owners, employees and agents from any and all claims, demands, damages, rights of action or causes of action, present and future, whether the same be anticipated, or unanticipated, resulting from or arising out of the camper's participation in the camp.

Wrestlers Name: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Insurance Company Address: \_\_\_\_\_

Policy Holder: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Past Health: \_\_\_\_\_

Past Injuries: \_\_\_\_\_

Present Injuries: \_\_\_\_\_

Drug Sensitivities: \_\_\_\_\_

Other Allergies: \_\_\_\_\_

**\* If you need special attention, please explain when arriving. Please provide parent/physician instruction with this application for any medical problems related to your son's participation in the Camp of Champions Wrestling School.**

Signature of Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Enroll Today!** Visit our website at campofchamps.net and pay your application fees online. THE APPLICATION MUST BE MAILED TO US. Please reference that you have enrolled and paid online. THERE IS A 3% FEE to pay online.

**YES! I will be attending the 2009 Camp of Champions.**

Print Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade 2008 - 2009 \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

T-shirt size: XS S M L XL XXL

School: \_\_\_\_\_ Coach: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: Day ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

### WEST COAST CAMPS: (Rocklin, CA) Res. / Comm.

11-Day Intensive/Competition Camp (July 11-21).....  \$875.00 /  \$570.00  
 10-Day HWT/Big Man Combo Camp (July 12-21).....  \$800.00 /  \$520.00  
 7-Day Intensive Camp (July 11-17).....  \$560.00 /  \$370.00  
 6-Day HWT/Big Man Camp (July 12-17).....  \$480.00 /  \$310.00  
 5-Day Technique Camp (July 12-16).....  \$400.00 /  \$260.00  
 5-Day Youth Camp (July 12-16).....  \$400.00 /  \$260.00  
 5-Day Competition Camp (July 17-21).....  \$400.00 /  \$260.00

### NORTHWEST CAMPS: (Ellensburg, WA) Res. / Comm.

11-Day Intensive/Competition Camp (July 5-15).....  \$875.00 /  \$570.00  
 10-Day HWT/Big Man Combo Camp (July 6-15).....  \$800.00 /  \$520.00  
 7-Day Intensive Camp (July 5-11).....  \$560.00 /  \$370.00  
 6-Day HWT/Big Man Camp (July 6-11).....  \$480.00 /  \$310.00  
 5-Day Technique Camp (July 5-9).....  \$400.00 /  \$260.00  
 5-Day Youth Camp (July 5-9).....  \$400.00 /  \$260.00  
 5-Day Competition Camp (July 11-15).....  \$400.00 /  \$260.00

### COMPETITION CAMPS Res. / Comm.

Denver, CO (Colorado Christian Univ.) (June 7-11).....  \$400.00 /  \$220.00  
 Plainview, TX (Wayland Baptist Univ.) (June 14-18).....  \$400.00 /  \$200.00  
 Riverside, CA (Cal. Baptist Univ.) (June 23-27).....  \$400.00 /  \$260.00

### ALASKA EXPERIENCE TRAINING (Hoonah, AK)

7-Day Intensive Training Camp (August 3-9).....  \$570.00

Please return completed Application Form and Medical Release Form, with your payment, to:

**CAMP OF CHAMPIONS “INTENSIVE”  
WRESTLING SCHOOL**

P.O. Box 755 • Wildomar, CA 92595

### OFFICE USE ONLY:

- Paid in full \_\_\_\_\_
- Deposit Paid \_\_\_\_\_
- Balance \_\_\_\_\_
- Date \_\_\_\_\_
- Check # \_\_\_\_\_

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## 2009 CLINICIANS The Finest in the Nation!

<b>Ben Askren</b>	University of Missouri 2008 Olympic Team Member 2x NCAA National Champion 4x NCCA All-American Asst. Coach at University of Missouri
<b>Ben Cherrington</b>	Boise State University NCAA National Champion Asst. Coach at N. Colorado University
<b>Ryan Churella</b>	University of Michigan 3x NCAA All-American
<b>Joe Dubuque</b>	Indiana University 2x NCAA National Champion Asst. Coach at Hofstra University
<b>Keith Gavin</b>	University of Pittsburgh NCAA National Champion 2x NCAA Finalist
<b>Les Gutches</b>	Oregon State University 1996 Olympic Team Member 1997 Freestyle World Champion 2x NCAA National Champion
<b>Nick Simmons</b>	Michigan State University 4x NCAA All-American 3 <sup>rd</sup> 2008 Olympic Trials USA World Team Member
<b>Pat Smith</b>	Oklahoma State University 4x NCAA National Champion Director of "Arkansas Wrestling Academy"
<b>Kirk White</b>	Boise State University NCAA National Champion 3x NCAA All-American Asst. Coach at Boise State University
<b>Coleman Scott</b>	Oklahoma State University NCAA National Champion 3x NCAA All-American
<b>Matt Valenti</b>	University of Pennsylvania 2x NCAA National Champion 3x NCAA All-American Asst. Coach at Columbia University
<b>Zach Esposito</b>	Oklahoma State University NCAA National Champion 3x NCAA All-American
<b>Ty Eustice</b>	University of Iowa 2x NCAA All-American
<b>Jesse Jantzen</b>	Harvard University NCAA National Champion 3x NCAA All-American
<b>Steve Mocco</b>	Oklahoma State University 2008 Olympic Team Member 2x NCAA National Champion 4x NCAA All-American
<b>Derek Moore</b>	University California & Davis NCAA National Champion NCAA "Outstanding Wrestler" Award
<b>Mo Lawal</b>	Oklahoma State University 2x U.S. National Freestyle Champion Pan American Champion NCAA All-American Current MMA Undeclared Career

# 2009



## “WEST COAST CAMPS”

- ★ 11-Day Intensive Training/Comp. Camp
- ★ 10-Day HWT - Big Man/Combo Camp
- ★ 7-Day Intensive Training Camp
- ★ 6-Day HWT - Big Man Camp
- ★ 5-Day Advanced Skills Technique Camp
- ★ 5-Day Youth Camp
- ★ 5-Day Competition Wrestling Camp

## “NORTHWEST CAMPS”

- ★ 11-Day Intensive Training/Comp. Camp
- ★ 10-Day HWT - Big Man/Combo Camp
- ★ 7-Day Intensive Training Camp
- ★ 6-Day HWT - Big Man Camp
- ★ 5-Day Advanced Skills Technique Camp
- ★ 5-Day Youth Camp
- ★ 5-Day Competition Wrestling Camp

## “ALASKA EXPERIENCE TRAINING CAMP”

- ★ 7-Day Intensive Training Camp

## “COMPETITION CAMPS”

- ★ Denver, Colorado
- ★ Plainview, Texas
- ★ Riverside, California

Established 1980

[www: campofchamps.net](http://www.campofchamps.net)

## THE CHOICE IS YOURS!

### 11-DAY TRAINING / COMPETITION CAMP

Central WA. University  
William Jessup University

July 5-15  
July 11-21

This dynamic camp offers the wrestler every aspect of systematic training. All campers will be taught the most current techniques! The C.O.C. will build your foundation from the top position, bottom position and high percentage takedowns from your feet. Daily schedule relates to preparation for the "Big Match." Hard Drilling, live wrestling, world class technique sessions is how you are "C.O.C. trained." After seven days of intensive training you are ready for 5 more days of great competition and more technique. The C.O.C. is the first wrestling camp in the nation to combine hard training with competition. The C.O.C. knows how to effectively train champions. The 11-Day Training/Competition Camp is the winner.

### 10-DAY HWT. /BIG MAN COMBO CAMP

Central WA. University  
William Jessup University

July 6-15  
July 12-21

The 10-Day HWT/Big Man Combo Camp is for the 189-215-and HWT wrestler that is ready to make it to the next level. You will be trained by the finest NCAA and USA Wrestling Team Members. The C.O.C. specializes in developing the Big Man for 6 days of systematic training. After you have been taught by our nations finest you will compete for 5 more awesome days. The 10-Day HWT/Big Man Camp will prepare you for state level competition.

### 7-DAY INTENSIVE TRAINING CAMP

Central WA. University  
William Jessup University

July 5-11  
July 11-17

The training camp is developed for the motivated wrestler that desires a total intensive training experience. Systematic training for 10 hours daily. The experience that you receive in the 7-Day Intensive Training Camp will carry you into the season with the tools you will need at the state level. Each wrestler has 65 hours of quality mat time!

### 6-DAY HWT & BIG MAN CAMP

Central WA. University  
William Jessup University

July 6-11  
July 12-17

This camp is the Camp of Champions fastest growing camp! We specialize in preparing the "top 3" weight classes for success on the mat. Our clinicians are the best in the nation! Train along side U.S. Olympians, NCAA Champions and All-Americans. The 6-Day HWT & Big Man Camp is the experience that will get you to the top of the podium.

### 5-DAY ADVANCED SKILLS WRESTLING CAMP

Central WA. University  
William Jessup University

July 5-9  
July 12-16

The 5-Day Advanced Skills Wrestling Camp is designed for middle school and high school wrestlers. The C.O.C. stresses individual attention in small groups with our staff. Our system will develop the advanced wrestler and the wrestler that has less experience. 3 sessions daily of technique offensive takedowns, pinning and riding, and escapes and reversals. Your skills will be developed by the C.O.C. system of drilling and systematic training. Great camp for high school coaches to bring entire team, call for team rates.

### 5-DAY YOUTH WRESTLING CAMP

Central WA. University  
William Jessup University

July 5-9  
July 12-16

The C.O.C. has developed the finest youth camp in the west! Every year youth wrestlers come to have an experience on and off the mat. Our hand picked staff teach our campers awesome skills and have fun with other activities such as wall climbing, rope courses, and a trip to the movies. The C.O.C. guarantees the youth wrestler will have a tremendous 5 days of camp. Parents are welcome to stay on campus, and be an important part of camp.

### 5-DAY COMPETITION CAMP

Colorado Christian University - June 7-11, Wayland Baptist University - June 14-18  
CA Baptist University - June 23-27, Central WA University - July 11-15  
William Jessup University - July 17-21

The 5-Day Competition Camps are quickly getting to be the most popular 5-day camp for high school & middle school wrestlers. Our feature clinicians teach at every session, then its time to compete! Every wrestler will receive an average of 22 matches, dual meets and tournament competition. All campers that do not represent a team will be placed on a team for all dual meets. This camp teaches you how to compete and win!

### 7-DAY ALASKA EXPERIENCE TRAINING CAMP

Hoonah, Alaska

August 3-9

The 7-Day Alaska Experience Training Camp is an awesome intensive wrestling camp. You will be preparing for the upcoming season in one of the most beautiful outdoor training sites in the world. Wrestlers from across the nation attend this unique intensive camp. When you leave this camp, your development has been systematic and you will be pushed to your physical, mental and emotional limits. The C.O.C. limits this camp to 90 wrestlers.

## DISCOUNTS

### Early enrollment discount:

All 11-10 Day Camps \$50.00 (Resident Only)

All 7-6-5 Day Camps \$25.00 (Resident Only)

### 10 or more discount:

All 11-10 Day Camps \$50.00 (Resident Only)

All 7-6-5 Day Camps \$25.00 (Resident Only)

Application must be mailed together. Coach is free of charge when attending. Last year the C.O.C. had over 130 coaches attend our camps. Bring your team and be a part if the C.O.C. experience!

## FEMALE WRESTLERS

All female wrestlers will be housed in female dorms. Female wrestling teams must have coach present at camp. The C.O.C. will have a female staff. 5-day Technique Camp will be the only camp available for individual campers unless athlete has resume for intensive camp.

## INTENSIVE SCHEDULE

6:00 am	Hard Drilling - Hand Fighting
7:30 am	Breakfast
9:00 am	Offensive Takedowns - Drilling
12:00 pm	Lunch
1:30 pm	Small Group Training - Hard Wrestling
4:30 pm	Dinner
6:30 pm	Riding/Pinning & Escapes/Reversals
9:00 pm	Mental Training & Match Preparation
10:00 pm	Recreation
11:00 pm	Lights Out!

### TEAM CAMPS 2009!

**\* 5 Awesome Sites Nationwide.**  
**\* The Largest Team Camps in America.**  
**For information about the finest team camps in the U.S. call 866-854-2560 for a team camp packet.**