

# APPALACHIAN STATE



## 2018 WRESTLING CAMP INDIVIDUALS AND TEAMS

June 27-30	Team High School
July 6-9	Specialized Technique & Training
July 10-14	Team High School Team Junior High/Middle School
July 15-18	Team High School Team Junior High/Middle School
July 10-18	Intensive Training Camp



[WWW.APPSTATESPORTS.COM](http://WWW.APPSTATESPORTS.COM)



# Testimonials

*“The versatility of clinicians, mat time, and competition has helped our team improve each year we attend camp. Our wrestlers get more individualized attention and interaction from the college wrestlers, staff, and clinicians than any other camps we’ve attended.”*

*Doug Thurmond  
Head Coach Jefferson High School, GA  
Team has won 18 State Championships in a row*



*“Summer in the Mountains! A very approachable staff and the best mix of technique and competition of any camp I have ever been to. Why we keep coming back to App State every summer!”*

*Jim Reape  
Clay High School, FL  
Team has finished top 2 in State 5 of last 7 years.*



*“This camp has been an invaluable part of our off-season wrestling for many years. It is very organized and has competition levels that will accommodate every athlete. ASU wrestling camp has played a role in our success!”*

*Eddie Clark  
Newton Conover High School, NC  
Team has won State Championship 3 of the last 4 years.*

# Camp Staff



**JohnMark Bentley, Camp Director**

App State Head Wrestling Coach  
3x SoCon Coach of the Year  
3x ACC Champ  
ACC Wrestler of the Year 2001  
Ranks 6<sup>th</sup> All-Time in career winning percentage at UNC-Chapel Hill



**Josh Roosa**

App State Assistant Coach  
NCAA Qualifier  
University Freestyle All-American



**Ryan LeBlanc**

App State Assistant Coach  
3x NCAA Qualifier  
Big Ten Medal of Honor recipient



**Dominic Parisi**

App State Assistant Coach  
Southern Conference Champion  
3x NCAA Qualifier



**Denzel Dejournette**

NCAA All-American at AppState  
3x Southern Conference Champion  
Southern Conference Wrestler of the Year 2017

# Camp Clinicians

- Kyle Blevins** NCAA All-American at App State  
**Austin Trotman** NCAA All-American at App State  
**Tom Erickson** NCAA All-American, World Cup Champion  
**Ken Caudell** Head Wrestling Coach, Belmont Abby College  
**Rich Perry** US National Team 2017 (86kg)  
2nd place Medved International 2016  
3x NCAA Qualifier  
**Jerry Winterton** North Carolina Hall of Fame,  
National Coach of the Year

***And Many Other Outstanding Coaches***

There will be four separate team sessions.

## HIGH SCHOOL SESSIONS JUNE 27-30, JULY 10-14, JULY 15-18

- ▶ High School (H.S.) divisions.
- ▶ **First** (June 27-30) and **Third** (July 15-18) Sessions will wrestle eight dual meets.
- ▶ **Second** (July 10-14) session will wrestle eleven (11) dual meets.
- ▶ Individual tournaments will be held at the end of each session.
- ▶ All H.S. wrestlers should be ready for H.S. level wrestling.

## INTENSIVE CAMP JULY 10-18

Campers will get matches with other Intensive Campers, will wrestle in two individual tournaments, and will wrestle on teams at the Team Camps. Wrestlers will get to wrestle as many as 20 to 30 matches along with learning to drill and condition like collegiate wrestlers. Wrestlers must be ready for intensive activity and drilling when they come to camp. All Intensive Campers must be 15 years or older and have 3+ years of wrestling experience. **Beginning wrestlers cannot sign up for the Intensive Camp.**

## JUNIOR HIGH/M.S. DIVISION JULY 10-14 & JULY 15-18

App State Wrestling Camp has opened the last two sessions of summer camp to include Junior High/Middle School (M.S. ). In these two sessions we run Junior High/M.S. matches and a special Junior High/M.S. tournament to give your young and inexperienced wrestlers a shot at success. **We also group wrestlers by weight to give your light and heavy wrestlers a better chance to succeed.** Discounts are available for Junior High/M.S. teams or these teams can be combined with your high school teams for discounts. We accept wrestlers as young as 10 years old.

## COACHES EDUCATION

There will be a coaches education session at each camp. The coaches sessions will involve topics such as strength & conditioning, nutrition, marketing, and fund-raising for your program. This is included in the camp with no additional cost to coaches.

## SPECIALIZED TECHNIQUE & TRAINING CAMP JULY 6-9

- ▶ Limited to the first 40 paid registrations.
- ▶ Open to wrestlers 15 years and older.
- ▶ Camp will be run exclusively by App State Coaching Staff.
- ▶ Campers get specialized, individualized instruction, and will be given a taste of collegiate type training.
- ▶ Camp will take place in the App State Wrestling Room.
- ▶ Register online at [www.camps.appstate.edu](http://www.camps.appstate.edu).
- ▶ **No team discounts for this camp.**

## WHO IS ELIGIBLE TO ATTEND?

- ▶ M.S. Camp open to wrestlers from 10+ yrs of age.
- ▶ H.S. Camp open to rising 9-12 grades.
- ▶ 2018 graduates may attend for instruction or to help coach, but cannot wrestle in matches.

## TEAM RATES

Teams must consist of at least 10 wrestlers at the time of check-in to qualify for the discount. If a team drops below discount number at check-in or if coach does not stay with the team, the discount will be removed and full balance must be paid.

## DAY CAMPERS

- ▶ Local students may attend as day campers.
- ▶ Rate includes all instruction and limited insurance coverage. (No meals are included.)
- ▶ Day campers may purchase their own meals in the cafeteria.

## REGISTRATION

- ▶ Varsity Gym, 1:00-4:00 p.m. First day of each session.
- ▶ Weigh-in 1:00-4:00 p.m. Varsity Gym.
- ▶ Specialized Camp; Varsity Gym, 2:30-4:00 p.m.

## 2018 RATES & TEAM DISCOUNTS

### SESSION 1 and 3 (4 days)

Resident Camper	\$360.00
Day Camper	\$285.00

### SESSION 1 and 3 (4 days)

- ▶ 10-14 wrestlers - \$25 off per wrestler if received by May 29 (\$100 deposit each)
- ▶ 15 or more wrestlers - \$30 off per wrestler if received by May 29 (\$100 deposit each) \*No discounts without deposits

### SESSION 2 (5 DAYS)

Resident Camper	\$410.00
Day Camper	\$315.00

### SESSION 2 (5 DAYS)

- ▶ 10-14 wrestlers - \$35 off per wrestler if received by May 29 (\$100 deposit each)
- ▶ 15 or more wrestlers - \$40 off per wrestler if received by May 29 (\$100 deposit each) \*No discounts without deposits

### INTENSIVE CAMP

Resident Camper	\$750.00
▶ Intensive teams with 10 or more - \$75 off each wrestler	

### SPECIALIZED CAMP - Individual Campers

Resident Camper	\$400.00
▶ No team Discounts	

Any team member may be substituted until June 11, 2018. This will allow for those who need to go to summer school.

**No deposits will be returned.**

Discounts will only be applied to wrestlers coming the same session as their coach and they must be registered and deposits paid by May 29, 2018. One coach with 10-14 wrestlers comes free

— 15 or more wrestlers, two coaches free. Junior High/M.S. and Varsity teams can combine for discounts, but registration must be sent in together.



- ▶ Coaches must register their team on the team registration form or on-line at:

[www.camps.appstate.edu](http://www.camps.appstate.edu)

- ▶ **Application for teams must be received with all members listed and a school/personal check/money order/cashier's check for the full deposit for the team. Junior High/M.S. and Varsity should be turned in together to get combined discounts.**
- ▶ Deposits must be with the application to receive discount.
- ▶ Team members may be substituted at registration for teams that have 10 or more paid wrestlers registered by May 29, 2018; additional team members may come at full fee, provided space is available.
- ▶ To add team members or to substitute a team member prior to June 11, 2018 complete team application form with the front sheet completed and labeled "add-ons/changes." You may call with payment information.
- ▶ **No refund of deposit for any reason.**
- ▶ Discounts only apply to registrations received before May 29, 2018.
- ▶ Full fees will apply to registrations received after May 29, 2018.
- ▶ Four-day sessions will have six, one and one-half hour teaching sessions, two review sessions.
- ▶ **No discount will be given, or any discount already applied will be removed, if a team drops below discount number at registration or if coach does not stay with team.**
- ▶ Once on-site registration has started, there are no refunds for early departures or individual "no shows."
- ▶ All matches will be officiated by App State wrestlers and staff. Certified referees will not be used.

## INDIVIDUAL WRESTLERS

- ▶ Individual wrestlers can come to any session and will be assigned to a team.
- ▶ Individual wrestlers are wrestlers without a coach. Only discount available to individuals is the multiple camp discount (see pg. 11); otherwise full amount must be paid.
- ▶ Wrestlers will be supervised by qualified staff.
- ▶ Wrestlers must adhere to the code of conduct.

## HOUSING & MEALS

- ▶ All resident campers will be housed in residence halls on campus.
- ▶ **Supervision is the responsibility of the coach attending with his team**, plus App State staff.
- ▶ Balanced meals will be served by University Food Services. Meals will be served from the breakfast meal on the first morning through dinner the last full day.
- ▶ Meals can be purchased in cafeteria the first night or last morning by paying cash.

## CHECK OUT TIME FOR CLOSING DAY OF CAMP

**Check out from residence hall will be from 7:00 a.m. - 9:00 a.m. the last day of camp.**

- ▶ After check out participants report to Varsity Gym for closing session.
- ▶ 9:30 a.m.-10:00 a.m. — Drill session for all participants in tournament.
- ▶ An optional tournament will begin at 10:30 a.m. after closing session.
- ▶ **Breakfast will not be served the last morning of each session but can be purchased in the cafeteria.**

## HEALTH AND WELFARE

- ▶ Campers covered with a limited accident/illness insurance policy.
- ▶ Certified athletic trainers on duty at all sessions.
- ▶ Medical information, insurance information, and parent/guardian signature required on Medical Release and Code of Conduct Form, which can be found online at [www.camps.appstate.edu](http://www.camps.appstate.edu) or in confirmation e-mail.

**This completed form (notarized preferred) must be turned in at registration before you can participate.**



## TEAM SESSION

- ▶ A years experience in one session.
- ▶ An outstanding experience for beginning, as well as experienced wrestlers.
- ▶ Each team will wrestle eleven (11) matches (5 day session) along with an optional individual tournament.
- ▶ Quality instruction each day.
- ▶ Varsity team will consist of 14 weights (National Federation Weight) 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285.
- ▶ Teams will weigh-in one time, on the first day of camp from 1:00 p.m. - 4:00 p.m. in Varsity Gym, after they have been registered.
- ▶ Weights will be the same for individual tournament on last day of camp.
- ▶ Junior High weights may be grouped by camp personnel.
- ▶ No additional weigh-ins.
- ▶ Coaches will only be guaranteed to coach their team if they can cover at least 10 weights with their wrestlers.
- ▶ Some teams will be combined by camp personnel.
- ▶ Small teams and individuals are not guaranteed to stay together.
- ▶ Coaches Education Sessions will be provided.



## COACHES

- ▶ Coach bringing 10 or more wrestlers is provided room and meals at no cost.
- ▶ A second coach is free with 15 or more wrestlers.
- ▶ Additional coaches accompanying a team may participate for \$185.00 per coach.
- ▶ One Intensive Camp coach can come free with 10 wrestlers; a second coach is free with 15 or more wrestlers.
- ▶ Additional coaches for Intensive Camp - \$355.
- ▶ **Coach will be responsible for supervising their wrestlers and enforcing the code of conduct for this camp.**
- ▶ Coaches responsible for residence hall duty and enforcement of rules and regulations of Wrestling Camp and Appalachian State University.
- ▶ All coaches must do one night of dorm duty.
- ▶ Coaches will be responsible for taking roll at all sessions.

### **Coaches are responsible for the following prior to registration:**

- ▶ **Submission of team application and one school check/cashier check/credit card/money order/personal check for full deposit of team.**
- ▶ Individual Medical Release and Code of Conduct Forms for each registered wrestler to be completed and signed by the parent/guardian of each wrestler—which can be found on-line at [www.camps.appstate.edu](http://www.camps.appstate.edu) or in confirmation e-mail.
- ▶ Bring forms to registration to turn in. (Extra copies may be made of the application if needed).
- ▶ **No discount will be given or any discount already applied will be removed if a team drops below discount number at registration or if coach does not stay with team.**

## RENEWAL CREDIT

- ▶ Appalachian has provided for coaches to obtain renewal credit through your county and state Board of Education. Technology credit also available.
- ▶ Three hours credit for the five day week and two hours credit for the four day week.
- ▶ Extra hours of instruction are required along with pre-approval of your county Board of Education.

## NEW TEAM REFERRAL DISCOUNT

App State Wrestling Camp is offering a discount to coaches, which attended camp in 2016 or 2017, who refer new teams to the camp.

- ▶ A “new team” is any team which has not attended the camp in the past five (5) years. The new team must bring ten (10) or more campers for the referring coach to qualify for the discount.
- ▶ The returning coach who refers a new attending team will receive a discount rate equivalent to two campers or spread evenly for each wrestler.
- ▶ To qualify for the discount contact Jack Chambers at 828.262.2933 or [chambersje@appstate.edu](mailto:chambersje@appstate.edu).

## MULTIPLE CAMP DISCOUNT

App State Wrestling Camp is offering a discount to individual wrestlers who attend more than one camp. The first camp is full price, the second camp will receive an \$80 discount. To qualify for the discount contact Jack Chambers at 828.262.2933 or [chambersje@appstate.edu](mailto:chambersje@appstate.edu).



According to NCAA rules and regulations all camps and clinics are open to any and all entrants regardless of skill level (limited only by number, age, grade level and/or gender).

Appalachian State University is committed to providing equal opportunity in education and employment to all applicants, students, and employees. The university does not discriminate in access to its educational programs and activities, or with respect to hiring or the terms and conditions of employment, on the basis of race, color, national origin, religion, creed, sex, gender identity and expression, political affiliation, age, disability, veteran status, or sexual orientation. The University actively promotes diversity among students and employees. The University reserves the right to cancel this program.



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