

# 2009 BEAVER WRESTLING TEAM/TECHNIQUE CAMP

is designed for your wrestlers to build on their technical skills as well as gain essential mat time through dual competitions.

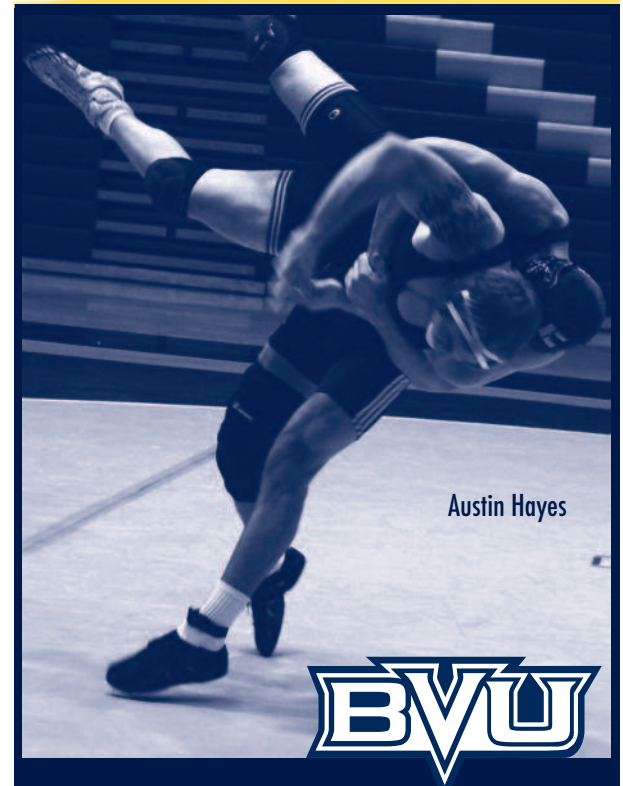
Our staff will work with your wrestlers during the dual competitions to help them prepare mentally and physically for maximum performance on the mat.



BVU Wrestling Camp  
610 W. Fourth Street  
Storm Lake, Iowa 50588



# 2009 BEAVER WRESTLING TEAM/TECHNIQUE CAMP



**JULY 23-26, 2009**  
Students Entering  
Grades 7 - 12

BUENA VISTA UNIVERSITY

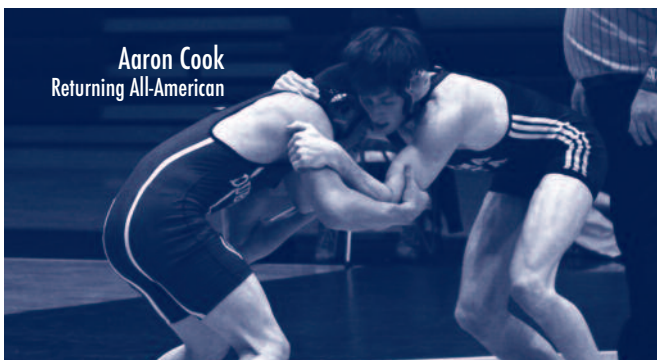
## PAST FEATURED CLINICIANS

- **Dan Gable** - Olympic Champion
- **Cael Sanderson** - Olympic Champion
- **Randy Lewis** - Olympic Champion
- **Mark Schwab** - Two-time NCAA All-American
- **Doug Schwab** - National Champion
- **Trent Paulson** - National Champion
- **Travis Paulson** - Three-time NCAA All-American
- **Zach Roberson** - National Champion

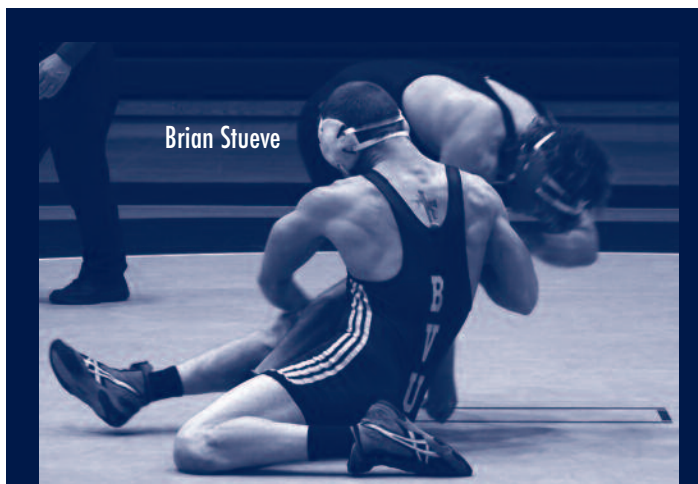
2009 clinicians to be announced at a later date.

## SCHEDULE

- 6:45 a.m.** .....Wake-up call
- 7 a.m.** .....Breakfast
- 8:30-10:30 a.m.** .....Technique/Duals
- 11 a.m.-12 p.m.**.....Lunch
- 12-2 p.m.** .....Free time/Team activity
- 2:30-4:30 p.m.** .....Technique/Duals
- 5-6 p.m.** .....Dinner
- 6:30-7 p.m.** .....Match preparation
- 7-9 p.m.** .....Duals (2)



**Aaron Cook**  
Returning All-American



**Brian Stueve**

## COST

**Residents \$300**

Price includes all meals through the duration of the camp, air-conditioned rooms and camp t-shirt. Coaches are encouraged to contact Head Wrestling Coach Sevond Cole at 712.749.2028 for special group rates and commuter rates.

## THINGS TO BRING

- Several sets of work-out and wrestling gear
- Pillow and blanket
- Towels and bathroom supplies

*Camp store will be available to purchase wrestling gear, apparel and snacks*



## BEAVER WRESTLING CAMP REGISTRATION FORM

**COST:** \$300 per resident

Deadline for camp registration: July 1, 2009

Late registration fee of \$25 will be assessed to all campers who register after July 1, 2009

**Please make checks payable to Buena Vista University**

Please mail registration form to:

Buena Vista University

Attn: Wrestling

610 W. Fourth Street • Storm Lake, Iowa 50588

**PARENT/GUARDIAN LIABILITY RELEASE:** I hereby authorize the directors of the Beaver Wrestling Camp to act for me according to their best judgement in any emergency requiring medical attention. I hereby waive and release Beaver Wrestling Camp. I know of no medical or physical problems which might affect my child's ability to safely participate in this camp. I will be responsible for any charges in connection with his attendance at camp.

Name: \_\_\_\_\_  Wrestler  Coach

Grade: \_\_\_\_\_ Weight: \_\_\_\_\_ T-Shirt Size:  XXL  XL  L  M  S (Adult Sizes)

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ School: \_\_\_\_\_ Coach (If applicable): \_\_\_\_\_

Parent's/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If you have any questions, please call Head BVU Wrestling Coach Sevond Cole at 712.749.2028 or e-mail ColeS@bvu.edu