

SUMMER 2012
WWW.NIUWRESTLINGCAMPS.COM



IRON HUSKIE 10 DAY TRAINING CAMP
INDIVIDUAL & TEAM CAMPS
COACHES FREE WITH TEAM



NIU WRESTLING CAMP
Northern Illinois University
219 Convocation Center
DeKalb, Illinois 60115

NON PROFIT
U.S. POSTAGE PAID
NORTHERN ILLINOIS
UNIVERSITY

NIU WRESTLING CAMPS DIRECTED BY RYAN LUDWIG

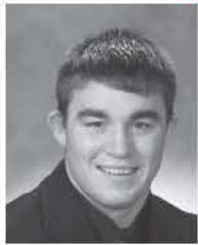
CAMP DIRECTOR



Ryan Ludwig

- Head Coach- Northern Illinois University
- 3x All American
- National Finalist
- Captain and MVP- University of Findlay
- Michigan State Champion

ASSISTANT COACHES



Dominick Moyer

- Assistant Coach- Northern Illinois University
- 3x NCAA Qualifier University of Nebraska
- 3x IA State Finalist
- 2x IA State Champion
- Illinois Freestyle National Team Coach



Jeff Breese

- Assistant Coach Northern Illinois University
- 3-year starter at NC State
- 2x Pennsylvania State Champion
- 4x Cadet All-American
- Pennsylvania Freestyle National Team Coach

CAMP FEATURES

The resident camp fee includes instruction by top collegiate staff and NIU wrestlers, housing, unlimited food at all meals, medical services, camp t-shirt, and supervised swimming. Commuters receive all the features of the resident camp, with the exception of overnight lodging and breakfast.

REFUND POLICY

There is a \$50 nonrefundable fee for all cancellations made prior to camp. There will be no refund of fees upon voluntary withdrawal or upon expulsion from the camps.

CHECK IN/CHECK OUT

All campers will check in Grant Towers South between 1:00-2:00 p.m. on the first day of camp. Check out will begin at the residence hall at 11:30 a.m. on the final day of camp. Additional information will be provided in your confirmation letter. Parents are encouraged to attend from 9:00-11:00 a.m. at the Convocation Center on the last day of camp.

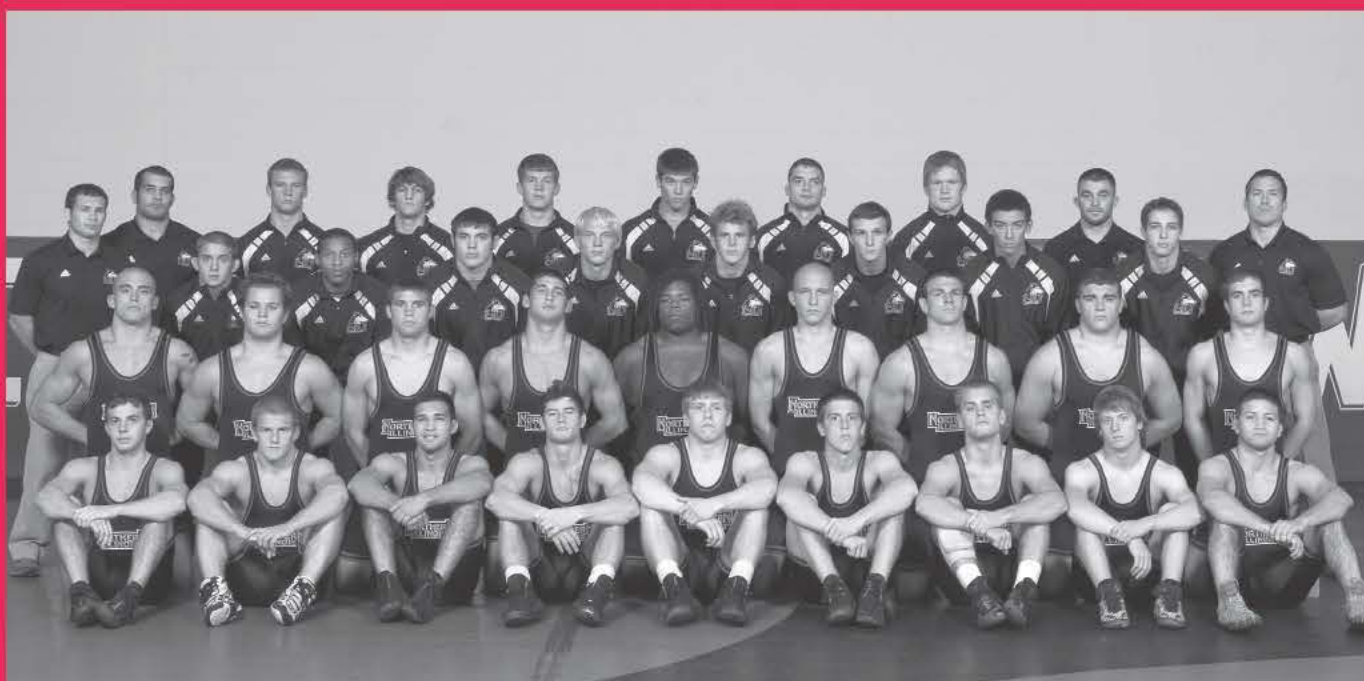
WHAT TO BRING

Participants should bring blankets, sheets, a pillow, towels, a fan, toiletries, laundry detergent, sunscreen, swimsuits, alarm clock, plus practice equipment- running and wrestling shoes, socks, shorts, t-shirts, supporters, and sweat clothing. No tank tops. Knee pads and head gear are optional. Commuters should wear appropriate practice attire. Avoid bringing valuables, as Huskie Sport Camps are not responsible for lost/stolen articles. A small amount of extra spending money is suggested.

HOUSING AND FOOD

All resident campers will be housed and fed at Grant Towers South. All efforts will be made to meet roommate preferences. Campers who list each other as roommates will be roomed together. In case of unavailability, roommates will be assigned based on age. Rooming lists will not be available prior to check-in. Commuters receive all the features of the resident camp with the exception of lodging and breakfast.

For questions on registration, contact the Huskie Sport Camps at niuwrestlingcamps@gmail.com or 815-753-9478.



NIU SUMMER CAMP COUNSELORS

Tyler Argue - Illinois All-State, Ironman placer
 Arber Bebo - Illinois All-State, NJCAA All-American
 Sam Bennett - Indiana State Champion, NHSCA All-American
 Steven Bradley - Illinois All-State
 Ed Breen - Illinois All-State
 Arthur Bunce - Michigan State Champion
 Dan Burk - Illinois State Qualifier
 Caleb Busson - Ohio All-State, MAC Placer
 Ethan Davis - Missouri 3x State Champion, NHSCA 3x All-American
 Adrian Dickinson - Idaho 2x State Champion

Brad Dieckhaus - MAC Champion, NCAA Qualifier
 Derek Elmore - Illinois State Champion, Freestyle All-American
 Kevin Fanta - Illinois State Champion, MAC Placer
 Shawn Fayette - Ohio State Champion
 Matt Frisch - Michigan State Champion, NHSCA All-American
 Nick Harrison - Illinois 3x State Champion, Freestyle All-American
 Rob Jillard - New Jersey All-State, NCAA Qualifier
 Tyler Loethen - Missouri State Champion
 Izzy Montemayor - Illinois All-State
 Jason Montemayor - Illinois All-State

Matt Mouglin - Iowa State Champion
 Austin Pickering - Michigan All-State
 Shane Rosenberry - Pennsylvania All-State
 Parker Settecase - Illinois All-State
 Matt Smith - Michigan All-State
 Nick Smith - Michigan 3x State Champion, FloNational All-American
 Jared Torrence - Ohio All-State
 Thorian Twyner - Illinois 2x State Champion
 And other special clinicians and coaches!

TEAM/COMPETITION CAMP

July 11- July 15 (Starts Wednesday)
(middle school and high school divisions)

Cost: \$385 overnight camper, \$285 day camper
\$365 overnight camper, \$265 day camper if registered before
May 11 or if group of 10+ (mailed together)

Coach Discount: a coach bringing a team will be provided room and meals at no cost and will assist in supervising his wrestlers, provide support, and share ideas with other coaches. All coaches who plan on bringing a team must contact Ryan Ludwig at 815-753-9478. Each team will be assigned an instructor for the entire week. Teams will wrestle 12 matches with personal instruction after each match. Partial teams will stay together, but may be combined with another team or individuals to create a full team. The camp clinician and the team coach will critique the individual/team on their strengths and weaknesses.

TYPICAL DAY

7:30 a.m. Breakfast	4:00 p.m. Individual team instruction with coach
9:00 a.m. Technique session	5:00 p.m. Dinner
10:15 a.m. Team match/evaluation	7:00 p.m. Technique
11:30 a.m. Team evaluation	8:15 p.m. Team matches
11:45 a.m. Lunch/Free time	9:30 p.m. Free time
1:30 p.m. Technique session	11:00 p.m. Lights out
2:45 p.m. Team match/evaluation	

IRON HUSKIE TRAINING CAMP

July 6 - July 15

Cost: \$785 overnight camper, \$685 day camper
\$750 overnight camper, \$625 day camper if registered before
May 11 or if group of 5+ (mailed together)

This camp is designed to create and further develop champions. You will learn how to break through barriers and reach new heights of success in your wrestling. You will improve your wrestling skills, strategy, conditioning, strength and mental fortitude. You will train with NIU wrestlers and coaches. This camp will help you attain your goals.

Training sessions will include but are not limited to:

- Morning runs, lifts and technique
- Evening technique/games
- Afternoon live wrestling
- Motivational sessions/match strategy

TYPICAL DAY

6:45 a.m. Weight training/running	4:00 p.m. Recreation/swim
7:30 a.m. Breakfast	5:00 p.m. Dinner
9:00 a.m. Technique	7:00 p.m. Technique
11:00 a.m. Motivation/nutrition	9:00 p.m. Free time
12:00 p.m. Lunch	11:00 p.m. Lights out
2:00 p.m. Hard wrestling	

INDIVIDUAL CAMP

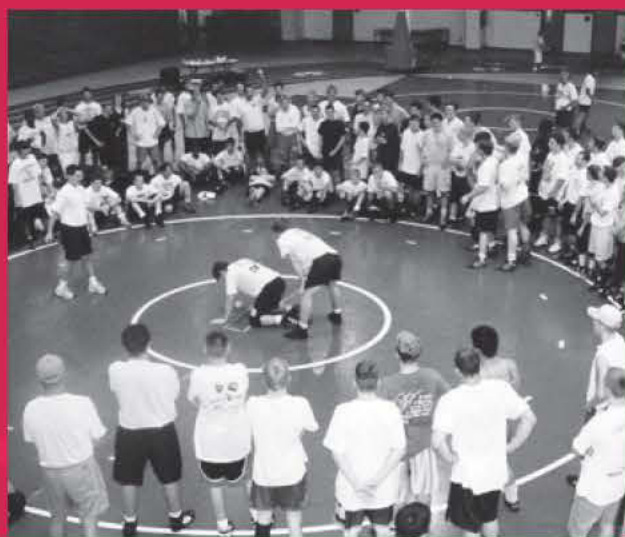
July 11 - July 15

Cost: \$385 overnight camper, \$285 day camper
\$365 overnight camper, \$265 day camper if registered before
May 11 or if group of 10+ (mailed together)

Wrestlers will be grouped by ability levels and rotated through several technique stations. Additionally, they will be able to choose special areas of emphasis in advanced takedowns and setups, pinning/cradles, arm bars, leg rides, advanced defensive techniques, upper body throws, escapes and reversals. Camp sessions will include techniques, drills, competitions and games.

TYPICAL DAY

7:30 a.m. Breakfast	5:00 p.m. Dinner
9:00 a.m. Technique	6:45 p.m. Technique
11:00 a.m. Motivation/nutrition/goal setting	8:25 p.m. Competitions
12:00 p.m. Lunch	9:00 p.m. Free time
2:00 p.m. Technique	11:00 p.m. Lights out
4:00 p.m. Recreation/swim	



MIDWEST'S FINEST FACILITY



REGISTRATION METHODS

Please complete the attached registration form and parental authorization/release of information form. If applicable, confirmation will be sent via email within one week of registration receipt. If email is not an option, confirmation will be sent through U.S. mail. Please call 815-753-9478 or email niuwrestlingcamps@gmail.com with questions regarding registration, cancellation or general inquiries.

TEAM AND EARLY BIRD DISCOUNTS

Campers who pay in full by May 11th receive a discounted fee. Teams of 10 or more are also eligible to receive this discount after May 11th. Coaches contact Ryan Ludwig with their team name and a list of campers in advance of registration. Campers who register separately and pay the full amount will not be refunded the balance of the fee. Please call 815-753-9478 to reserve your team's spot. Children of NIU Employees also qualify for the discounted rate regardless of time of registration. Discounts may not be combined.



stipulates that the camp or clinic is open to any and all entrants (limited only by number, age, grade level and/or gender).

CONSENT TO TREATMENT LIMITATION & WAIVER OF LIABILITY

In partial consideration of our child's acceptance into the Northern Illinois Wrestling Camp, I/we as parents of

Camper's Name _____

do hereby agree to limit the liability of the Northern Illinois University Sport Camps, Northern Illinois University, its employees, agents, officers, staff and physicians, to the coverage of the medical insurance policy covering participants in the Northern Illinois University Sport Camps.

I/we further agree to waive all liability, except for loss caused by gross negligence, of the Northern Illinois University Sport Camps, the Board of Trustees of Northern Illinois University, its employees, agents, officers, staff and physicians, for any accident, injury (including death), illness or other mishap which might befall the above named camper while traveling to or from, or during his/her attendance at the Northern Illinois University Sport Camps, which is not covered by said medical insurance policy.

Further, I/we hereby grant permission to the staff and physicians of Northern Illinois University, and medical or surgical consultant deemed advisable, and any hospital to render to the above-named camper any medical and surgical treatment that they deem necessary. I/we understand that all possible effort will be made to inform me/us in case of such treatment.

This health history is correct to the best of my/our knowledge and my/our son/daughter has my/our permission to participate in camp activities with the exception of those noted under physical restrictions.

I authorize Kishwaukee Community Hospital, Physician Immediate Care, and the DeKalb Clinic to release medical information regarding the above named participant to interested parties including parents and family physician.

PARENT OR LEGAL GUARDIAN'S NAME (printed) _____

SIGNATURE _____

DATE _____

PHONE: Day _____

PHONE: Emergency _____

PHONE: Cell _____



CAMPER'S HEALTH FORM - REQUIRED

To be completed by camper's parent or legal guardian.

Please enclose special accessibility accommodation request(s).

CIRCLE YES/NO/NONE OR ENTER INFORMATION
ALL INFORMATION MUST BE COMPLETED IN ORDER TO PARTICIPATE IN THE CAMP.

YES/NO Asthma YES/NO Convulsions/Seizures

YES/NO Heart Disease YES/NO Bleeding Disorders

YES/NO Diabetes YES/NO Rheumatic Fever

YES/NO Head Injury/Concussions

Allergies To Drugs / NONE _____

Allergies To Foods / NONE _____

Current Medications / NONE _____

Chronic Or Recurring Illnesses / NONE _____

Operations/Injuries (including dates) / NONE _____

Physical Restrictions / NONE _____

Physician Name _____

Physician Telephone _____

Camper's Date of Birth _____ / _____ / _____

A doctor's release must be attached if camper is recovering from a recent illness, injury, skin condition, or if he/she will be participating with a cast or splint. Note: Camp includes physical activity. Participants are encouraged to be properly conditioned.

INSURANCE INFORMATION

No insurance

-OR-

Insured Name _____

Name of Company _____

Address _____

Policy Number _____

Phone Number _____

If you have any questions, please contact us at:

Phone: 815-753-9478

Fax: 815-753-7700

E-mail: niuwrestlingcamps@gmail.com

REGISTRATION FORM 2012 NIU WRESTLING CAMP

Camper's Name _____

Parental Contact _____

Street Address _____

City _____ State _____ Zip _____

Home Ph _____ Day Ph _____

Parent's Email _____

Grade Completed by June '12 _____ Age _____

School Attending _____

Years wrestling experience _____ Roommate Preference _____

Weight Class in '11-'12 (circle one):

103 or below 112 119 126 130 135 140 145 152 160 171 189 215 Hwt.

Adult T-shirt Size (circle one): S M L XL XXL

Early Bird Discount requires full payment before May 11th. NIU Employees always qualify for the 10% discount

CAMP REGISTRATION (check appropriate boxes) Full Early Bird/10 or more

10-Day Training Camp Overnight July 6-July 15 \$785 \$750

10-Day Training Camp Day Camper \$685 \$625

Individual Camp Overnight July 11-15 \$385 \$365

Individual Camp Day Camper \$285 \$265

Team/Competition Camp Overnight July 11-15 \$385 \$365

Team/Competition Camp Day Camper \$285 \$265

Camp Registration Total \$ _____

A \$50 non-refundable deposit is due with your application if not paying in full. Deposit will be applied toward camp balance, due prior to check-in.

Amount enclosed \$ _____ (Make checks payable to NIU)

Mail to: NIU Huskie Sport Camps

219 Convocation Center

DeKalb, IL 60115

To pay with a credit card, register online at:

www.niuwrestlingcamps.com

