

## APPLICATION Form

- Technique Commuter Camp / June 21-June 25**  
\$175.00
- Competition Commuter Camp / June 28- July 2**  
\$200.00

*Please check your camp choice above. All camps require a \$100 non-refundable application fee per camp. Balance due at registration. Teams are encouraged to send applications together.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

School You Attend \_\_\_\_\_

Upcoming Grade \_\_\_\_\_ Present Weight \_\_\_\_\_

Age at Camp \_\_\_\_\_ T-Shirt Size (Circle): S M L XL 2X

### Supervision and Rules

Participants will be supervised during all organized times. Campers will be required to attend all assigned activities and instruction sessions. Those enrolled in the camp must comply with all rules and regulations governing conduct of students on campus. Any violations or abuse of these rules will cause immediate dismissal from the camp without a refund.

I understand and agree that Cleveland State University, camp staff, and anyone connected with the camp assumes no responsibility for accidents, injuries, medical, or dental expenses incurred by my camper during the camp.

Parent/Legal Guardian Signature

### Mail Applications To:

C.S.U. Wrestling Camps  
2451 Euclid Avenue PE SB 30  
Cleveland, Ohio 44115

### Make Checks Payable To:

C.S.U. Wrestling Camps  
Copies of applications are acceptable

**PLEASE DO NOT SEND CASH IN MAIL!**

**Reservations will only be confirmed with receipt.**

0111-7604-80  
**Cleveland State Wrestling Camps**  
2451 Euclid Avenue  
P. E. Building SB30  
Cleveland, OH 44115



## WRESTLING CAMPS 2009



We are committed to  
your total development!

# CLEVELAND STATE VIKINGS

## CAMP STAFF



### BEN STEHURA

Camp Director  
Head Wrestling Coach  
Cleveland State University



### ANTHONY COLEMAN

Camp Director  
2X NCAA Qualifier  
Assistant Wrestling Coach  
Cleveland State University

CURRENT CSU WRESTLERS  
WILL ALSO BE ON STAFF



08-09 Cleveland State Vikings

## TECHNIQUE COMMUTER CAMP JUNE 21 - 25

The focus of this camp will be on the education and practice in drilling high percentage techniques, various types of live wrestling, conditioning, weight lifting, nutrition, and sports psychology. The staff will be dedicated to providing individual attention and responsible supervision at all times. Spots in this camp will be limited to ensure individual attention, so do not hesitate to register. This camp is open to wrestlers from the ages of 10-18.

## COMPETITION COMMUTER CAMP JUNE 28 - July 2

The teaching sessions will be carefully planned paying attention to the details of high percentage techniques. High percentage moves are what wins in wrestling! The camp will cover technique and drills for both beginners and advanced wrestlers. There will be several counselors to focus on giving each camper the individual attention necessary for success. Please come to the camp in shape and ready to wrestle. Each wrestler will be weighed in at camp check-in and assigned to teams that will be competing for the team championship. Each team will wrestle dual meets and compete in tournaments in dodge ball, tug-of-war, and an obstacle course. Wrestlers will also acquire knowledge on conditioning, weight lifting, nutrition, and sports psychology. This camp is open to wrestlers from the ages of 10-18.

WWW.CSUVIKINGS.COM

## GENERAL CAMP INFORMATION

### TYPICAL CAMP SCHEDULE

#### Technique Commuter Camp

9:00-11:30 Technique/Wrestling Session  
11:30-12:30 Lunch (Bring Lunch)  
12:30-1:30 Information Session  
1:30-3:00 Swimming, weight lifting, games  
3:00-5:00 Technique/Wrestling Session

#### Competition Commuter Camp

9:00-11:00 Technique/Dual Meet #1  
11:00-12:00 Games Competition  
12:00-12:30 Lunch (Bring Lunch)  
12:30-1:00 Information Session  
1:00-3:00 Technique/Dual Meet #2  
3:00-3:30 Break (Bring Snack)  
3:30-5:30 Dual Meet #3 and #4

### WHAT TO BRING

All campers should bring t-shirts, shorts, singlets, knee pads, wrestling and running shoes, head gear, swim suit, towel, soap, spending money, and a packed lunch.

### CHECK-IN INFORMATION

Registration for both camps will be at CSU P.E. Building, 2451 Euclid Avenue, Cleveland, OH 44115 on the first day of camp (Sunday) from 1pm-3pm. **In order to properly register for camp you must go to [www.csuvikings.com](http://www.csuvikings.com) and print off the athletics department waiver of liability form and medical information form. Both of these must be filled out in order to participate.** There will be one wrestling session from 3pm-5pm on the first day. A coach will be on site every morning at 7am for early arriving commuters to ensure supervision and to accommodate parents' work schedules. Pick up times will vary based on camp selection, 5pm-6pm for the technique camp and 5:30pm-6:30pm for the competition camp.

**FOR MORE INFORMATION PLEASE CONTACT**  
**Anthony Coleman - (216) 687-4805**  
[a.p.coleman@csuohio.edu](mailto:a.p.coleman@csuohio.edu)