



2010 WRESTLING CAMPS

The University of Illinois is one of the nation's premier wrestling programs.

Register
now, space is
limited!

INDIVIDUAL WRESTLING CAMP—ONE WEEK ONLY! June 13–17 ■ Open to any and all boys ages 8–18

CAMP FEATURES

- Individual tourney on Thursday
- Wrestling fundamentals such as takedowns, set-ups, riding ability, escape techniques, pinning combinations, and live wrestling.
- Recreational activities.
- Weight training instruction.
- Current Illini wrestlers are counselors.
- To guarantee personalized instruction, enrollment for each session is limited.

CAMP FORMAT

Camp will begin Sunday and end Thursday at noon. The Illinois Wrestling camp schedule will include technique sessions, live wrestling, weight training, running and organized recreation times. The objective of the Illinois Wrestling Camp is to teach wrestlers what we consider to be the proper way to train to be successful while also learning new techniques to develop skills. An individual tourney takes place on Thursday.

CAMP FEES

Resident - \$420: Fee includes four nights lodging, meals, instruction and camp t-shirt.

Commuter - \$270: Fee includes three lunches, instruction and camp t-shirt.

CAMP DAILY SCHEDULE

7:30–8:30 a.m.	Breakfast
9–11 a.m.	Technique Instruction
Noon–1:30 p.m.	Lunch/Free Time
2–4 p.m.	Technique/Live Wrestling
4–5 p.m.	Recreation
5–6:30 p.m.	Dinner/Free Time
7–9 p.m.	Organized Activities/Technique/ Strength Training

REGISTRATION: Check in the first day of camp. The first meal is breakfast on Monday. Last meal is breakfast on the last day of camp. Specific check in/out information will be sent with confirmation and can be found on the website: www.fightingillini.com/camps.

NECESSITIES: Please bring wrestling shoes, gym shorts, sweat socks, T-shirts, head gear and knee pads. Bring your own swimming suit, bed linens, pillow, toiletries, towels, washcloths and soap.

TEAM CAMP SCHEDULE

SUNDAY

3–5 p.m.	Registration
7–9 p.m.	Technique
9:30 p.m.	Coaches Meeting/Social
11 p.m.	Lights Out

MONDAY-WEDNESDAY

6:45 a.m.	Wake up
7–8:30 a.m.	Breakfast
9–10 a.m.	Technique
10–11 a.m.	Dual Meet
11:30 a.m.–1 p.m.	Lunch
1–2 p.m.	Free Time
2–4 p.m.	Dual Meets (2 matches)
5–6 p.m.	Dinner/Free Time
7–8 p.m.	Technique
8–9 p.m.	Dual Meet
9:30 p.m.	Coaches Social
11 p.m.	Lights Out

THURSDAY

6:45 a.m.	Wake up
7–8:30 a.m.	Breakfast
9 a.m.	Individual Tournament

COACHES: If you anticipate bringing 2 teams, please make sure to specify prior to camp. Please be accurate as possible with your total number of participants.

TEAM CAMP— TWO SESSIONS! June 20–24 or June 27–July 1 Open to any and all High School Teams

CAMP INFORMATION

The University of Illinois wrestling team camp has been very popular. The competition camp offers emphasis on the dual-meet format and the development of each wrestler's individual skills. Along with valuable match experience, your team will learn to apply solid fundamental techniques. The five-day camp features:

- Weight classes to be determined by coaches.
- Illinois wrestlers serve as counselors and referees.
- Unlimited number of wrestlers per team, 10 athlete minimum.
- Concludes with an individual tournament on June 24 & July 1.

CAMP FEES (A deposit per team is required)

Resident - \$400: Fee includes four nights lodging, meals, instruction and camp t-shirt.

Commuter - \$280: Fee includes three lunches, instruction and camp t-shirt.

Coaches: Two coaches admitted free with the registration of a full team.

REGISTRATION: Check in the first day of camp. The first meal is dinner on the first day of camp. Last meal is breakfast on the last day of camp. Specific check in/out information will be sent with confirmation and can be found on the website: www.fightingillini.com/camps.

NECESSITIES: Please bring team singlets, wrestling shoes, gym shorts, sweat socks, T-shirts, head gear and knee pads. Bring your own swimming suit, bed linens, pillow, toiletries, towels, washcloths and soap.

CAMP COUNSELORS



JIMMY KENNEDY
2x All-American
2x IL state champion



PATRICK BOND
3x NCAA Qualifier
Jr. national champion



JOHN DERGO
3x NCAA Qualifier
2x IL state champion



JORDAN BLANTON
NCAA Qualifier,
3x IL state champion



BJ FUTRELL
NCAA Qualifier
2x IL state champion



RYAN PRATER
NCAA Qualifier
IL state champion



CONRAD POLZ
3x IL state champion
Jr. national runner-up



SAM WHITE
2x Ohio state champion
3x Ohio state medalist



TONY DALLAGO
PA state champion
3x PA state medalist



DARYL THOMAS
Folkstyle national
champion
IL freestyle state
champion



MARIO GONZALEZ
IL state champion
3x IL state medalist



KYLE DOOLEY
IL state champion



PAT WALKER
IL state runner-up



ERIC TERRAZAS
2x IL state medalist

FACILITIES

Huff Hall (training facility)

Located on the third floor of Huff Hall, the Fighting Illini wrestling team has one of the largest practice facilities in the country. This facility has 6,100 square feet of mats that run wall to wall. Large windows line the south wall of the facility to provide plenty of natural light and ventilation.



Huff Hall (competition facility)

Athletic competitions in Huff Gymnasium date back to the 1920's when it was the original venue for Fighting Illini Basketball. Over nine decades later and several modernizations, this 4,500 seat venue is still being used today as a Fighting Illini venue for wrestling, volleyball and gymnastics.

Bromley Hall

Wrestling campers stay in the modern, air-conditioned Bromley Residence Hall. The boys are served all-you-can-eat meals and may enjoy Bromley's indoor pool, TV lounge and game room.



Register online: www.fightingillini.com/camps

ATTENTION CAMPERS!

General camp information along with a statement, a confirmation letter, a map with directions and a medical release form are mailed upon the enrollment of each participant. Please allow 5-7 days processing prior to the mailing of confirmation materials. If you prefer to pay by Visa, MasterCard, Discover or American Express, please complete the credit card information required on the application or visit our website at www.fightingillini.com/camps. If you prefer to pay by check, please make checks payable to the 'University of Illinois' and write the participants FULL NAME on the check. Please mail the completed application form and FULL payment to the processing center, **University of Illinois, Office of Summer Camps, P.O. Box 3264, Springfield, IL 62708-3264.**

ROOMMATES: All room assignments are made at registration. If you would like a special roommate, please arrive at registration at the same time. In absence of a special request, we try to place campers of similar ages together. **TEAM CAMP:** Each team is responsible for assigning rooms for participants (team coach will provide room list).

SUPERVISION: Participants are supervised by the coaching staff during the instructional sessions and by summer camp housing staff when at the residence halls. Attendance is taken at all sessions, bed checks are taken at 10:30 pm, and lights are out at 11:00 pm. 24 hour supervision provided.

TRANSPORTATION: Each participant is responsible for their own transportation to and from camp. Air, train, and bus services have transportation centers in Champaign.

INCURRED MEDICAL BILLS: A portion of each camper's fees is allocated into a Sports Medicine Medical Payment Fund which covers a maximum of \$1,000 for accidental injury and \$150 for dental injury to sound, natural teeth. Medical treatment must be rendered and claims submitted within 45 days of the conclusion of the camp.

FIRST AID: A staff of certified First Aid Providers is available at all times to attend to injuries and refer to a physician when necessary.

CANCELLATION/REFUND POLICY: It is required that ALL requests for refunds are submitted in writing. Your camp cost, less a \$50 non-refundable cancellation fee, is refunded without question if you cancel at least one week prior to the registration date. At any time after that date, refunds (less the \$50 non-refundable fee) are made for medical reasons only and a signed statement from your physician must accompany the written request. If a cancellation request is not received by the last day of instruction, a refund is not issued. Campers who must leave during camp due to an illness or injury verified by our medical personnel will receive a refund (written request is necessary). Refunds are not given to campers who voluntarily leave camp or who are sent home for disciplinary reasons. **REFUNDS, FOR ANY REASON, ARE NOT ISSUED AFTER AUGUST 31, 2010.**

DISCOUNTS: Due to NCAA regulations, individual discounts are not available. Camps are not pro-rated.

COMMUTERS: Commuters are those campers who do not wish to stay in the residence hall. These campers participate in all camp activities. They must provide their own transportation to and from camp each day. Lunch is included in the camp cost; however, breakfast and dinner are *not* included. A camper may either purchase a breakfast pass (on a daily or weekly basis) or leave with a parent or guardian during the dinner meal and **RETURN** for the evening session.

2010 Wrestling Individual Camp Application

(Please print)

Camper's Name _____

Parent/Guardian's Name _____

Home Phone _____ Emergency Phone _____

Email Address _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ 2010-2011 Grade _____

2010-2011 School _____

Coach's Name _____

Are you a returning Fighting Illini Camper? Yes No

T-Shirt Size (adult): small medium large x-large

"I hereby acknowledge that participation in the camp and related activities involves an inherent risk of physical injury or loss that might be sustained by my child. In consideration for accepting my child into the camp, I assume all risk of injury and loss that may be suffered by me or my child and release and forever discharge the Board of Trustees of the University of Illinois, its officers, employees and agents from any and all known liability of whatever kind or nature, arising from and by reason of any and all known and unknown, foreseen and unforeseen body and personal injuries, including death, property damage and the consequences therefore resulting from the registrant's participation in or involvement with this camp or presence on University property, including any failure of equipment or defect in the premises, except to the extent caused solely by the willful and wanton conduct of the University."

I give permission to the University of Illinois to take photographs and videos of my child during the course of the camp activities. These photographs may be used for publicity purposes by the University of Illinois."

Parent / Legal Guardian signature _____

Resident \$420 Commuter \$270

Method of payment: Cash Check Money Order

Credit Card: MasterCard Visa Discover Amer Express

Credit Card # _____ Exp. Date _____ V-code _____

Make check payable to: University of Illinois
For more information please phone: 217-244-7278

MAIL TO PROCESSING CENTER:
University of Illinois
Sport Camps & Clinics
P.O. Box 3264
Springfield, Illinois 62708-3264

FOR OFFICE USE ONLY
Camp _____ Type _____
Payment _____
Document _____

2010 Wrestling Team Camp Application

APPLICATION COMPLETED BY COACH

High School Name _____

School Address _____

City _____

State _____ Zip _____

Coach's Name _____

Coach's Home Phone _____

Coach's Cell Phone _____

Coach's Email Address _____

Coach's Address _____

City _____

State _____ Zip _____

Please check the camp(s) you wish to attend:

June 20-24 June 27-July 1

Fees: Resident Team: \$400/person
 Commuter Team: \$280/person
\$ _____ deposit enclosed

Complete and return the application and team roster with deposit amount.

Method of payment: Cash Check Money Order

Credit Card: MasterCard Visa Discover American Express

Credit Card # _____ Exp. Date _____ V-code _____

Make check payable to: University of Illinois
For more information please phone: 217-244-7278

MAIL TO PROCESSING CENTER:
University of Illinois
Sport Camps & Clinics
P.O. Box 3264
Springfield, Illinois 62708-3264

FOR OFFICE USE ONLY
Camp _____ Type _____
Payment _____
Document _____

Team Camp Tentative Roster

TEAM:

Name	Weight Class	Approximate Weight
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____
15. _____	_____	_____

COACHES: (Two coaches per team free)

1. _____

2. _____

3. _____

4. _____

Complete and return the application and team roster with ENTIRE deposit amount.



WRESTLING CAMPS

JUNE 13-17 • Individual Camp

JUNE 20-24 • Team Camp 1

JUNE 27-JULY 1 • Team Camp 2

www.fightingillini.com/camps



University of Illinois
Division of Intercollegiate Athletics
Office of Sport Camps & Clinics
1700 South Fourth Street
Champaign, IL 61820

For more information or to register,
visit our website at
www.fightingillini.com/camps
or e-mail us at sumcamps@illinois.edu

CAMP DIRECTORS



Jim Heffernan
Head Coach

- 1st year head coach at Illinois
- Two-time NCAA Assistant of the Year
- 1986 NCAA Champion
- Four-time All-American



Carl Perry
Associate Head Coach

- 8th-year at Illinois
- NCAA Champion at Illinois
- Two-time All-American
- Two-time Virginia State Champion

Jeremy Hunter, Assistant

- 9th-year assistant coach at Illinois
- NCAA Champion
- Three-time All-American
- Four-time Pennsylvania State Champion



Mike Poeta, Assistant

- Two-time Big Ten Champion
- Two-time NCAA runner-up
- Three-time All-American

