

Osos Wrestling Camp
August 5th– 7th 2011 West High Main Gym
Camp Counselor
2X All–American
2010 125lb National Champion
Matt McDonough



Other Camp Staff:

Joe Rabin: 3x MT State Placer, West High Assistant Coach, Wrestled @ Dickinson State

Dr. Jason Aguayo: 2x MT State Champ, West High Assistant Coach

Todd Rose: 2x MT Placer, Former Head Coach Shepherd High

Jeremy Hernandez: Camp Director, 3x MT State Champ, Wrestled @ Concordia College

Head Coach at West High

Other coaches from Montana high school teams

Osos Wrestling Camp will cover the following areas: technique, mental preparation, conditioning, and strength training.

Accommodations: Non-commuting wrestlers will be housed at individual homes in Billings. The host families will be responsible for feeding the wrestlers breakfast, a sack lunch, and Dinner each day of camp. Transportation to and from West High School will be taken care of by the host family. (If you can host out of town wrestlers please let me know you will be given \$30 per wrestler you host.) **Please inform us ASAP if you plan on coming so we can arrange houses for wrestler to stay.**

What to Bring:

Sleeping Bag, pillow, toiletries, workout gear, wrestling shoes, running shoes, swimsuit, spending money.

DEADLINE FOR CAMP SHIRT IS JULY 1ST.

Daily Schedule:

Friday (Aug 5th) 9:00–9:30am: Morning Run
9:45–11:30 Technique/live wrestling
12:00–1:00 Break for lunch
1:00–2:30 Technique/live
2:30–3:30 Matches

Saturday (Aug 6th) 9:00–9:30am: Morning Run
9:45–11:30 Technique/live wrestling
12:00–1:00 Break for lunch
1:00–2:30pm Technique/live
2:30–3:30 Matches

Sunday (Aug 7th) 9:00–10:30 Technique/live wrestling
10:30–11:00 Break
11:00–12:00 **Iowa Hawkeye Practice**

Check-In: Is from 8:00am to 9:00pm Friday August 5th. Host families will pick up their wrestlers Friday afternoon after the last session. Wrestling camp begins at 9:00am.

Camp Cost: \$100 Wrestlers needing host families: \$130

Make checks payable to **Osos Wrestling Camp**

Send Checks to: Jeremy Hernandez
37 13th Street West
Billings, MT 59102

Questions contact: Jeremy Hernandez at 406-794-6584
Email at hernandezj@billings.k12.mt.us

Medical Insurance: Campers are responsible for their own insurance. No one will be admitted to Osos Wrestling Camp without a signed emergency release including an insurance policy number.

Please detach the portion below and send it in with the check made out to **Osos Wrestling Camp**.

Osos Wrestling Camp: Registration Form

Name: _____ Age _____ Weight _____
Address: _____ City _____ State _____ Zip _____
Home Phone_() _____ Emergency Phone_() _____
t-shirt size (circle) Youth: S M L XL Adult: S M L XL XXL
Insurance Company _____ **Policy Number** _____

I hereby waive and release Osos Wrestling Camp from any and all liability and injuries or illness incurred while in camp. I authorize the said camp to act for me in any medical emergency, according to their best judgment.

Parent/Guardian Signature _____ **Date** _____