

JIM ZALESKY'S BIG SKY ELITE WRESTLING CAMP



June 18 - June 22, 2011

UNIVERSITY OF GREAT FALLS
Athletic Facilities
Great Falls, Montana



JIM ZALESKY WRESTLING CAMPS

www.jimzaleskywrestlingcamps.com



P.O. Box 882 • Corvallis, OR 97339



Jim Zalesky Wrestling Camp Schedule
Where champions are made!

NORTHERN PLAINS ELITE CAMP
Bismark, North Dakota June 19 - June 23

JIM ZALESKY'S TEAM COMPETITION CAMP
Monmouth, Oregon June 26 - June 29

JIM ZALESKY'S INTENSIVE CAMP
Monmouth, Oregon July 10 - July 22

OREGON ELITE WRESTLING CAMP
Coos Bay, Oregon July 24 - July 28

JIM ZALESKY'S WRESTLING CAMP
Centralia, Washington July 24 - July 27

Jim Zalesky Wrestling Camps • Big Sky Elite Camp Registration

Please detach and send your application and payment to: Jim Zalesky Wrestling Camps • P.O. Box 882 • Corvallis, OR 97339.
For more information visit www.jimzaleskywrestlingcamps.com • 541-224-4810 • admin@jimzaleskywrestlingcamps.com

Name _____	PAYMENT INFORMATION	Past health _____
Address _____	<input type="checkbox"/> Check <input type="checkbox"/> VISA <input type="checkbox"/> MC	Past injuries _____
City _____	Amount paid \$ _____	Present health _____
State _____ Zip _____	Account no. _____ Exp. date _____ Security code _____	Current medications _____
Parent or guardian _____	Signature _____	Drug sensitivities _____
Home Phone _____		Other allergies _____
Work Phone _____		Insurance Co. address _____
Email _____	SHIRT SIZE (circle one)	Policy holder _____
DOB _____	S M L XL XXL XXXL Youth M Youth L	Policy no. _____
Roommate preference _____		Other health and accident coverage _____
		Policy holder _____
		Policy no. _____

Check in: Saturday, June 18 • 11 am - 1 pm
 Check Out: Wednesday, June 22 • 11 am
Camp information: 541-224-4810

This camp is designed for wrestlers at every experience level. Campers will have the opportunity to learn wrestling skills in all three positions (feet, top, bottom). Skills are taught incrementally so that each wrestler has a chance to really grasp them. Campers will be grouped based on experience so they can learn at their own pace.

The facilities at UGF are unbelievable, giving us ample space to break campers up to best suit their experience and ability level.

This camp will center on all aspects of wrestling: technique, live workout sessions, dual and individual competition. We will also cover proper nutrition, the importance of strength and cardio training, and motivation. Campers will leave with a well-rounded knowledge about the sport of wrestling.

Our camp is staffed with one of the most experienced staffs in the country. We are dedicated to helping every wrestler reach their potential and goals. We also have an excellent staff of clinicians and counselors scheduled this summer.



JIM ZALESKY



Head Coach - Oregon State University
 2x National Coach of the Year
 3x NCAA Champion as Head Coach
 3x Big 10 Champions as Head Coach
 2x Pac 10 Championships @OSU

Competition
 3x NCAA Champion
 4x NCAA All American

TROY STEINER



Assistant Coach - Oregon State University
 U.S. World Team Coach 2003,2007
 Coach of Junior world Team -2003
 15 yrs. Coaching Division 1 wrestling

Competition
 4x NCAA All American
 NCAA Champion
 9x member Team USA

KEVIN ROBERTS



Assistant Coach - Oregon State University
 10 NCAA All Americans
 5 Pac 10 Champions

Competition
 2x NCAA All American
 3x Pac 10 Finalist
 4x NCAA qualifier
 UO Male Athlete of the year

TRAVIS PASCOE



Competition
 NCAA All American
 Big 12 runner-up
 3x Champion Las Vegas Invite
 5th Place US World Trials

Coaching
 5 years coaching at OSU
 2 Pac 10 Championship Teams

NICK SIMMONS



Competition
 4x NCAA All American
 3x Big 10 Champion
 3x Midlands Champion
 2009 US National Champion
 2008 Olympic Alternate
 Pan American Games Champion

HEINRICH BARNES



Competition
 NJCAA Champion
 NCAA All American
 2008 Olympian
 7th pace 2010 World Championships

Staff is subject to change for unforeseen circumstances, but the quality of the staff and clinicians will remain the same.

Resident: \$250
 Commuter: \$150

TYPICAL DAY AT CAMP

- 7:00am Wake up
- 7:30am Run (optional)
- 8:00-9:30am Breakfast
- 10:00-11:30am Technique
- 12:00-1:00pm Lunch
- 2:00-3:30pm Drill/Hard Wrestling
- 5:00-6:00pm Dinner
- 7:00-8:00pm Drill/Technique/Live Matches
- 8:00-9:00pm Recreation
- 10:30pm Bed Check
- 11:00pm LIGHTS OUT!

Daily schedule subject to modification

MEDICAL RELEASE

I verify that my child has been checked by a licensed physician and is physically able to participate in the Sports Camp. I agree to allow my child to be treated by a licensed physician while attending, if necessary, and to assume all costs related to such treatment. I authorize my insurance company to pay benefits to Student Health Services or University Hospitals. Also, I authorize the disclosure of medical information to my insurance company for the purpose of claim.

 Parent's or Guardian's Signature Date

 Applicant's Signature Date

Jim Zalesky Wrestling Camps requests information for the purpose of registration in the Jim Zalesky Wrestling Camps. No persons outside the JZWC are routinely provided information except for items of directory information such as name and local address. Responses to all items are required. If you fail to provide the required information, the Jim Zalesky Wrestling Camps may not consider your registration.

