


From: **Jeremy Phillips** phillipsjeremy@neoshosd.org   
Subject: Neosho Wrestling Update  
Date: May 7, 2019 at 8:44 AM  
To: undisclosed-recipients;



**Good morning,**

**Out of season dates to remember/calendar listed below.**

**Link for MU Team camp for registration included below - please register ASAP and before school is out at the latest.**

**Coach Phillips' Camp packet attached.**

***If for some reason fundraising has not been turned in yet. I will not take anymore after tomorrow at Open Mats. I understand some funds might be out there yet but what I need is the sheet with details of sponsors, addresses, and amounts included or coming in.***

**Out of season conditioning and open mats are going well. Numbers aren't bad but could be better. We have a great group of younger kids but our HS group could be much improved. Please encourage attendance and support for our investments between now and next season.**

**We had a good weekend of wrestling this past weekend with a handful of both HS and Youth kids competing in Freestyle/Greco State. I know we had three HS kids qualify for Nationals at Fargo this summer so that is encouraging. Congratulations to ALL those who competed!**

**As always thank you for the support of Neosho Wrestling Program.**

# **NEOSHO WRESTLING 2019-2020**

## **Out of Season & Summer Schedule**

Everyone has the desire to win but only CHAMPIONS have the desire to prepare!

**WEIGHT ROOM – starting April 8th for JH and HS - till school is out for the summer**

- Mon - Thu after school till 3:20 - 4:30 – Committed WRESTLERS will be there.
- Speed, Strength, Agility, Endurance, Flexibility, Power, and MENTAL Toughness Development

**OPEN Mats till School is OUT for summer – EVERY Wednesday**

- **4:00 – 5:00** Technique and Live Wrestling

**Freestyle Practice with Coach Kivett and other program coaching staff**

- Practices start on April 2nd - Every Tuesday and Thursday following from 4:30 - 5:30 pm
- Competitions TBA announced

**APRIL 10th Jefferson City Trip - Recognition(s) at the State Capital**

- 10 am Recognized in the House; 10:20 recognized in the Senate; tours following

**APRIL 10th – FREE PHYSICALS at High School 5:30-7:00 pm**

- This is **Mandatory** for JH and High School – It prevents losing mat time later and saves you money!

**Booster Club Concessions**

- **April 11** - 9th Grade Baseball, **April 23** - 9th Grade Baseball, **May 2** - JV/V Baseball

**April 13th Wrestling Tournament in Willard to support Michael Finley**

- Details in attached flyer

**May 1 – Sponsorship FUNDRAISING Due at Open Mats**

**SUMMER WEIGHT ROOM** CRUCIAL that we make the sacrifice to get faster, stronger, more powerful and mentally tough

- **Wednesday June 3 – June 27 Monday – Thursday** - For ALL JH/HS.
- **HS 6:45 am – 10 am at the HS; JH 6:30-8:30 am** (transportation provided 8:40 am Tu and Th to sport specific)
- **Wrestler's Week Off July 1st – 5th**
- **HS/JH Return July 8<sup>th</sup> - July 18<sup>th</sup> Monday – Thursday 6:45 am.**
- **Sport specific Time** on the mat will be from 8:45 - 10 am Tuesday & Thursday at the facility (see dates below)

**SUMMER SPORT SPECIFIC DATES for ADV Youth, JH, & HS Neosho Wrestlers**

**Tuesday** (Drill & LIVE Matches) **Thursday** (Drill & LIVE GROUPS)

- June 4 June 6
- June 11 June 13
- June 17th, 18, 19, 20, & 21 9-10:15 am
- June 25 June 27

- **July 2 off**
  - **Coach Phillips' Camp July 8 - 11 (No Open Mats)**
  - July 16
  - **OPEN Mats and Weight Room will resume again in August**
- July 4 Off**  
July 18 (Dead week starts July 21 - July 28)

**FUN and FUNDamentals - OPEN MATS for ANY and ALL Wrestlers with Coach Phillips & Millard**

- Wednesday 4:00 – 5:30 pm – **June 5, 12, 19, 26 and July 17 and 24**

**HIGH SCHOOL/JR HIGH CAMP** - CRUCIAL to prepare us for MU Camp and next season

- **June 17<sup>th</sup> – 21<sup>st</sup>** (Monday - Friday)
- Wrestling Room 9:00 am – 10:15 am

**TEAM CAMP – University of Missouri** - opportunity for great instruction and valuable mat time

- **June 23rd - 26th** (Sunday – Wednesday)
- Transportation, Leave/Return Times – TBA
- Each registrant will go to and sign up with the link below:

[https://www.totalcamps.com/MISSOURIWRESTLINGCAMPS/camps/2019\\_tiger\\_style\\_team\\_camp/\\_dGa/registration/options?st=rcjAbbTR](https://www.totalcamps.com/MISSOURIWRESTLINGCAMPS/camps/2019_tiger_style_team_camp/_dGa/registration/options?st=rcjAbbTR).

**POOL PARTY & Pizza** - ALL WILDCAT WRESTLERS & Families – pizza and drinks provided.

- **July 7<sup>th</sup>** - Neosho Pool 1:00 – 3:00

**18th ANNUAL COACH PHILLIPS' TECHNIQUE/DRILL/LIVE Wrestling CAMP**

- **July 8<sup>th</sup> – July 11<sup>th</sup>** (Monday – Thursday) Neosho Wrestling Facility
- **Featured Clinicians: Jarrod Patterson Sand Springs Head Coach, OU All-American, & 4X HS State Champion; Coach Phillips, Brik Filippo 2X State Champion from Tuttle, OK, & others TBA**
  - Session I (Novice Session) 8:00 - 9:15 am
  - Session II (Intermediate Session) 9:30 - 11:30 am
  - Session III (Advanced Session) 12:30 - 4:30 pm; Optional opportunity 11 – noon (last day 9:30 am - 1 pm)

**“Summer wrestlers make winter CHAMPIONS”**

**Questions call OR text Coach Phillips 389-1569 or email [phillipsjeremy@neoshosd.org](mailto:phillipsjeremy@neoshosd.org)**

----- Forwarded message -----

From: **Missouri Wrestling Camps Team Registration** <clemsena@missouri.edu>  
Date: Wed, Jan 23, 2019 at 2:53 PM  
Subject: Your Team is Now Registered - Registration Instructions  
To: <[phillipsjeremy@neoshor5.org](mailto:phillipsjeremy@neoshor5.org)>

# MISSOURI WRESTLING CAMPS

Your team has been added to 2019 Tiger Style Team Camp!

BELOW ARE INSTRUCTIONS ON HOW TO INDIVIDUALLY REGISTER.

## ROSTER REGISTRATION

**Step 1: Follow the link to the registration page.**

Each registrant will go to [https://www.totalcamps.com/MISSOURIWRESTLINGCAMPS/camps/2019\\_tiger\\_style\\_team\\_camp/\\_dGa/registration/options?st=rcjAbbTR](https://www.totalcamps.com/MISSOURIWRESTLINGCAMPS/camps/2019_tiger_style_team_camp/_dGa/registration/options?st=rcjAbbTR). This link can be used by each member of the roster and will open directly into the registration process with the team's name pre-selected.

**Step 2: Register individually via the camp website.**

After clicking the link provided by you in your email, each member of your roster will complete the registration process from the camp website. This process may include the collection of required information for participation in the camp and/or the availability of related waivers and documents.

**Step 3: Each registrant will receive a registration confirmation.**

Following each successful registration, a confirmation email will be sent that outlines the details of both the camp and the registration.

*Coaches - you can forward this email to your roster. Each registrant should follow the above instructions. As individuals are added to the camp, you will have access to the up-to-date list from your Administration Console.*

<http://www.totalcamps.com/MISSOURIWRESTLINGCAMPS>

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