

HEELAN

SIOUX CITY

(JULY 8-11)

WRESTLING

CAMP

Do you want to improve your wrestling skills and be taught by some of the best coaches in the USA?

Then this camp is for you! All 3 disciplines of wrestling in Folkstyle, Freestyle and Greco Roman will be taught, covering all aspects of scoring and defense. This camp is designed to train serious wrestlers to novice of all age levels.

Daily Schedule

For additional information contact Camp Director Scot Davis at 727-600-4820 or scotcdavis@hotmail.com

Saturday - July 8

Sun - July 9 & Mon - July 10

Tuesday - July 11

8:00 pm Check-in/Registration

8:00 pm Technique/Training Technique

8:00 pm Technique/Weight Training Technique

9:00 am Technique/Training Technique/Weight Training

1:00 pm Technique/Motivational Talk or Video

4:00 pm Technique Sessions

9:00 am Technique Sessions

11:00 am Team Duels

1:00 pm Camp Awards & Dinner

FEATURE CLINICIAN

- 2000 Olympic Gold Medalist (Greco Roman)
- 2001 World Champion (Greco Roman)
- 2004 Olympic Bronze Medalist (Greco Roman)
- 1993 NCAA-I All-American (University of Nebraska)
- 1991 NJCAA National Champion (Ricks College, Idaho)
- 2010 Inductee to NWHOF-Stillwater, OK
- 2001 Sullivan Award - "USA Athlete of the Year"

RULON GARDNER

Rulon won what is strongly considered the greatest upset in wrestling history when he defeated 3-time Olympic Champion Aleksandr Karelin. Karelin "The Russian Bear" had been undefeated for 13 years with an overall record of 887-1. Gardner made him 887-2!



AWARD WINNING COACHES

Scot Davis – Camp Dir

Bishop Heelan High School Head
All-Time Winningest Wrestling Co
(1103-187-4)

24-time National Coach of the Year

2009 USA Dream Team Coach

2009 Master of Wrestling Award

1973 NAIA All-American

Jim Jackson

Marcus LeVesseur

Shawn Contos

Jeff Wichern

Shakopee High School Head coach
4time National Coach of the Year
Coached 67 individual state champions
and 16 teams to state titles
Former Apple Valley HS Coach

Shakopee High School Assistant Coach
4time undefeated NCAA/II National
Champion
4time Minnesota State High School
Champion

Former strength coach at Penn State
and Iowa State Universities under Head
Wrestling Coach Coel Sanderson
Olympic trials competitor

One of the Top youth coaches in US
Former High School alltime wins leader
in Minneapolis Public Schools
Founder and head coach of JJ Trair
Wrestling School

SEE HEELAN CAMP REGISTRATION FORM IN ATTACHMENT ABOVE. REGISTER ASAP AND RESERVE A SPOT IN THIS GREAT CAMP, AND SAVE MONEY IF REGISTERED PRIOR TO JUNE 1st. SIOUX CITY-HEELAN WRESTLING CAMP!

Questions please contact:
Coach Scot Davis
Cell: 727-600-4820
scotcdavis@hotmail.com

HEELAN SIOUX CITY (JULY 8-11)

WRESTLING

CAMP REGISTRATION **FORM**

Eligibility

This camp is designed for all ages, grades 1-12 and all levels from beginners to state champs. Any wrestler with the desire to improve their skill level should attend.

Injuries & Insurance

There will be a trainer on staff, however injuries are a part of any sports camp. There are no refunds due to illness or injury. All wrestlers must have medical coverage prior to camp participation.

Cost

No Housing Needed:

\$175 per wrestler prior to June 1
\$200 per wrestler after June 1

Housing Needed \$50 fee

\$225 per wrestler prior to June 1
\$250 per wrestler after June 1
(Housing will be provided by a local host family)

Location

CYO Building
Bishop Heelan High School
1102 Grandview Blvd.
Sioux City, Iowa 51105

Name _____
 Parent or Guardian _____
 Cell Phone () _____ Alternate # _____
 Email _____
 Address _____
 City _____ State _____ Zip _____
 Age _____ Weight _____ High School/Club _____
 Teammate Request(s) _____
 Can local and can house _____ #wrestlers _____

Camp Payment

Please select payment option

- \$175 prior to June 1 (No Housing)
- \$200 after June 1 (No Housing)
- \$225 Housing needed prior June 1
- \$250 Housing needed after June 1

requests _____

Insurance Company _____

Policy Number _____

Medical Information/Conditions applicable to camp _____

Make checks payable to Scot Davis
Mail to:
Scot Davis, 1940 Linn Drive,
Owatonna, MN 55060

Total Enclosed: \$ _____

Note: After June 15 we only accept cash!

Parent/Guardian Permission to Participate

I hereby give my permission for the above-named athlete to engage in Sioux City-Heelan Wrestling Camp and activities as a representative of the camp. I also give my consent for the above-named athlete to accompany the team/group as a member in evening activities. I understand that the Sioux City-Heelan Wrestling Camp is not responsible for injuries sustained at camp or activities and we must have our own insurance or pay for sustained injuries or medical attention.

Parent or Guardian Signature: _____