

**5 DAYS OF TRAINING
WITH THE CHAMPS**

**MICDS
St. Louis, MO
June 21 – 25, 2010
www.bootcampwrestling.com**

**3rd Grade thru
High School**



Featuring Rulon Gardner,
2X Olympic Medalist
Gold Medal-2000 Olympic Games
Bronze Medal-2004 Olympic Games

2010 Summer Clinicians



Rulon Gardner
2X Olympic Medalist

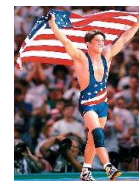
2000 Olympic Champion
Bronze Medalist - 2004 Olympic Games
2003 1st Place-NYAC Christmas Tournament
2003 1st Place-Sunkist International Tournament
2003 Silver Medal-Pan American Games
2003 1st Place-USA Wrestling World Team Trials
2001 ESPY Award "U.S. Olympic Athlete of the Year"
1st Place-World Team Trials
1998 Pan American Champion
3X Belt Series Senior Greco-Roman Champion
3X National Champion – USA Wrestling
2005 MMA "Pride Fight" Champion
1996 World Cup Champion
1993 NCAA All American
Wyoming State Champion

2008 US Olympic Coach



Steve Fraser

1984 Olympic Champion
1984 U.S. Freestyle Champion
1983 Pan American Games Champion
2X NCAA All American
Michigan state Champion
Distinguished Member of the National Wrestling Hall of Fame



Kendall Cross

1996 Olympic Champion
3X U.S. National Champion
1989 NCAA Champion



Dan Russell

4x Undeclared HS State Champion
4x NCAA Champion
Olympic Solidarity Instructor
USA Wrestling National Coaching Staff
1999 Pam Am Games Coach
2x Olympic Alternate
2002 World Cup Coach
2004 Olympic Coach



Gary Mayabb

20+ Years Head Coach - Oak Park High School
5x State Team Champions
6x World Team Coach for USA Wrestling
9x State or Regional Coach of the Year
4x All-American
US Open Finalist
US Junior Greco Coach of the Year 2007

Matthew Small

All State Wrestler
Mid-Atlantic Champion
Juco National Team
Virginia Collegiate Champ
48 Individual State Titles
15 All Americans
5 National Champs

Local Clinicians

Brian Roskin

Charlie Sherertz

Great Assistants

The clinic will have several college wrestlers and former state champions available to provide one on one attention for the wrestlers

Taught by Olympic & World Champions, Olympic Coaches, 4x NCAA Champions, and 4x Undeclared State Champions

The Boot Camp Wrestling Clinic gives you the tools to be successful at the highest levels

Participants will have the opportunity to meet and learn from United States Olympic coaches, World, Olympic and National Champions, as well as UNDEFEATED 4x state champions. These World-class clinicians will teach you the skills and techniques required to get you on the road to becoming a CHAMPION. Under the guidance of a professional trainer, you will also learn how to condition your muscles to produce increased speed, strength, and endurance. The "Combat Wrestling" sessions provides the live wrestling, conditioning, and psychological endurance that are needed to be victorious.

- **A military flare in the design**
- **Military style drilling, obstacle courses, combative games.**
- **One hour combat wrestling session each day.**

SESSIONS:

Monday, June 21, 2010

8:00-8:30 – Check-in/Registration
8:30-9:00 – Obstacle Course (muscle development)
9:00-11:30 - Session 1
11:30-12:30 – Lunch (on your own)
12:30-3:00 - Session 2
3:00-4:00 Combat Wrestling

Tuesday thru Thursday, June 22 – 24, 2010

8:30-9:00 – Obstacle Course (muscle development)
9:00-11:30 - Session 1
11:30-12:30 – Lunch (on your own)
12:30-3:00 - Session 2
3:00-4:00 Combat Wrestling

Friday, June 25, 2010

BOOT CAMP WRESTLING TOURNAMENT

7:30-8:30 – Weigh-in (Wrestle Actual Weight)
8:30 – 10:30 – Mini Clinic
10:30 – 5:30 – Tournament
5:30 – 6:30 Awards Ceremony

QUESTIONS????

Contact Dwight Griffin at:
dgriffin@bootcampwrestling.com
314-898-7662

162 Carmel Woods Drive
Ellisville, MO 63021

www.bootcampwrestling.com

Boot Camp Wrestling Clinic Registration Form

Complete the registration below, and send it, and your payment, to Dwight Griffin, 162 Carmel Woods Dr., Ellisville, MO 63021

Get on the road to becoming a Champion...

The Boot Camp Wrestling Clinic this summer is sure to be one of the best Missouri, as well as the nation, has ever seen.

The below named parent(s) or legal guardian(s) releases the Boot Camp Wrestling Clinic, MICDS, as well as its clinicians, officers, agents, and representatives from any damages I/we might have for loss or injury arising out of the participation in the Boot Camp Wrestling Clinic activities.

I herby request that my child or ward be admitted to the Boot Camp Wrestling Clinic. I authorize the staff to act for me, according to their best judgment, in an emergency. I will hold harmless, and release the staff, the clinic, and MICDS from any and all liability related to injuries or the death of my child or ward. I understand that my insurance coverage is primary and any coverage provided by the clinic will be specifically applicable on an excess basis only.

Parent/Guardian Signature Date

Print Name Relationship of Wrestler

Emergency Contact Phone

Drug Sensitivities/Allergies

Medical Insurance Company

Policy Number Phone

Name: _____

Street : _____

City: _____

State: _____ Zip Code: _____

Phone: _____

Email: _____

School: _____

Grade Entering: _____ Age: _____ Weight: _____

Youth Adult

T-Shirt Size: S M L S M L XL XXL

Years Experience: _____

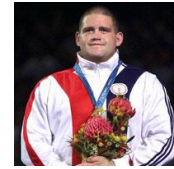
Place in State Tournament(s): _____

Contact Information

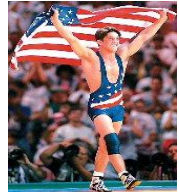
Parent/Guardian: _____

Daytime Phone: _____

Evening Phone: _____



Rulon Gardner



Kendall Cross



Steve Fraser



Dan Russell



Gary Mavabb



WORLD-CLASS CLINICIANS

2010 Summer Clinic Costs

Early Registration	After May 25, 2010
\$195	\$230

Team Discounts

10 or more wrestlers – \$175

Fall 2009 Clinic Participants:

\$175

Family Discount

First wrestler is \$195 and each additional sibling \$140

Boot Camp Wrestling Tournament – FREE for wrestlers registered for the clinic.

Make checks payable to Dwight Griffin

***A \$100 deposit can be sent in to reserve your space at the clinic**

Complete the registration form and send it, and the fee, to:

Boot Camp Wrestling Clinic
c/o Dwight Griffin
162 Carmel Woods
Ellisville, MO 63021



Make check payable to: Dwight Griffin