

PACK Wrestling Camps

**@ Colorado State University - Pueblo
JUNE 6 - 10, 2011**

Elite Instructors



Pack Wrestling Camps boasts a staff of four collegiate national champions and six All-Americans.

CSU-PUEBLO ASSISTANT COACH SHAWN BREWER

Champions



Learn from CSU-Pueblo wrestlers, who have attained national-rankings, collegiate tournament championships and numerous high school state championships.

ALL-AMERICAN PATRICK CAREY

Unique Competitions & Challenges



The Pack Wrestling Camp features numerous unique competitions & challenges, including the multi-tiered "Pack Challenge" and the nationally-recognized "Navy SEAL Fitness Challenge"

**The Best
Value
In the State
of Colorado!**

Experience unparalleled five-day training with the area's finest wrestling minds for as little as

\$150!

CAMP STAFF



DAX CHARLES • Camp Director
CSU-Pueblo Head Wrestling Coach

Coach Charles, in his second season and third full year as CSU-Pueblo's head wrestling coach, was a former national champion at Colorado State University Pueblo (1992) and a three-time all-American selection (1991, 1992, 1994). In addition to his head coaching experience, Charles was an assistant coach at CSU-Pueblo from 1995-2001.

Pack Wrestling Camp Staff

Shawn Brewer • CSU-Pueblo Assistant Coach

A longtime assistant at CSU-Pueblo, Brewer brings nearly 20 years of coaching experience to the Pack Wrestling Camp. Brewer was the head coach at Pueblo West High School for six seasons before signing on to return to the ThunderWolves when the Pack Wrestling Program was restarted in 2008.

Chris Currier • National Champion

One of the finest wrestlers in the history of CSU-Pueblo and the Rocky Mountain Athletic Conference, Currier won one national title at CSU-Pueblo and was a three-time All-American. In 2008, he was honored as one of just 12 members of the RMAC All-Century Team.

Clint Pipher • All-American

Pipher was a three-time regional champion and a two-time All-American from 1991 to 1994, as well as an assistant coach at the University of Southern Colorado.

Tony Freeman • All-American

One of the most decorated wrestlers in CSU-Pueblo history, Freeman was a three-time All-American and was one win away from capturing a national title.

Jesse Feinsod • All-American

Former New Mexico Highlands All-American, Jesse Feinsod, also a CSU-Pueblo assistant coach, was a two-time All-American at Highlands. He was also honored as a three-time RMAC Wrestler of the Week. He transferred to Highlands from the United State Naval Academy in Annapolis, Md., where he was a varsity wrestler for the Midshipmen.

SPECIAL GUEST CLINICIAN

Andy Pipher • Four-Time All-American

Former CSU-Pueblo standout Andy Pipher is one of a rare group of wrestlers to have claimed All-American honors four times from 1988-92. Second all-time in CSU-Pueblo history in pins, Pipher won over 85 percent of his matches and claimed one national championship. Also an accomplished coach, he led Paonia High School to the 2006 Colorado 2A state title.

PACK CHALLENGE



The third annual **PACK CHALLENGE** is a five-day-long series of matches, games and competitions designed to recognize the finest campers and teams. Consists of dual meets, mat games, outdoor games and swimming challenges. The Pack challenge award will be given to all members of the winning teams in both divisions. Trophies are given to junior and senior division winners.

'Pack Challenge' participants compete in a variety of challenges, including the "Tire Flip" (above), designed to test and improve a wrestler's ability to gain physical leverage over his opponent.

Navy SEAL Fitness Challenge

THE NAVY SEAL FITNESS CHALLENGE is a max effort series of physical fitness events challenging athletes to maximize their performance in individual tests of strength and endurance. The Navy SEAL Fitness Challenge mirrors the initial physical screening test given to anyone who desires to become a SEAL. The event consists of swimming, push ups, sit ups, pull-ups and running.

This year at CSU-Pueblo you can qualify for the National Championships in Salisbury, Maryland from July 2-4! All Navy SEAL Fitness Challenge participants will receive an additional T-shirt.



PACK WRESTLING CAMP REGISTRATION

...OR SAVE TIME AND REGISTER ONLINE @ PackWrestlingCamps.com

Check One

- Resident (\$275)
- Resident w/8 or more (\$250)
- Commuter with meals (\$225)
- Commuter without meals (\$150)
- Coaches with 8 wrestlers (Free)
- YES, I have multiple children registering for the camp (\$20 off per child)

Group Type

- Senior High Group
- Junior High Group

COLORADO STATE UNIVERSITY - PUEBLO RELEASE FROM RESPONSIBILITY, ASSUMPTION OF RISK, AND WAIVER

CSU-PUEBLO PACK WRESTLING CAMPS JUNE 6-10, 2011

Read this document completely before signing. Its effect is to release the University from any liability resulting from participation in the above-named camp/clinic/activity and waives all claims for damages or losses against the University.

In consideration of my being permitted by Colorado State University to participate in the above-named camp/clinic on the University's campus on the above-listed dates, I (please PRINT name)

_____, exercising my own free choice to participate voluntarily in the above-named activities, and promising to take due care during such participation, hereby release and discharge, indemnify and hold harmless the Board of Governors and Colorado State University -Pueblo, and their members, officers, agents, employees, and any other persons or entities acting on their behalf, and the successors and assigns for any and all of the aforementioned persons and entities, against all claims, demands, and causes of action whatsoever, either in law or in equity, relating to injury, disability, death or other harm, to person or property or both, arising from my participating in and/or presence at the above listed activities. I acknowledge that I am aware of the hazards and risks which may be associated with my participation in the above-named activities including, but not limited to, pulled/strained muscles, injuries or damages to joints and ligaments, cuts and bruises, concussions, sprains, broken bones, and damage that can result from increased heart rate including heart attach and stroke. I understand, accept, and assume those hazards and risks, and waive all claims against the Board of Governors and Colorado State University, and other persons as set forth above. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participating in normal or unusual acts associated with the above-named activities.

Signature of Camper: _____

Date _____

I, (please PRINT name) _____, am the parent or legal guardian of the participant who is listed above. I have read and understand the provisions of this document. I consent to the participation in the activities described above, and I fully enter into and agree to the above Release From Responsibility, Assumption of Risk, and Waiver.

I further request and authorize the proper personnel of the above-named camp/clinic to refer to an appropriate medical facility, for treatment of illness, injury or both; and I further authorize the physician(s) selected by the camp personnel to treat said injury or illness as they think best for the most advantageous welfare of the patient if that should be a circumstance.

Parent/Guardian Signature _____ Date _____

Adult T-Shirt Size (Circle one) S M L XL XXL

Personal Information

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Home Phone: _____ Cell Phone: _____
 Email Address: _____
 Age: _____ Weight: _____ Grade in Sept. 2011: _____
 High School: _____
 Coach's Name: _____
 Coach's Phone: _____

Payment Information

Check Credit Card
 CC#: _____ Exp. _____
 Full Name on Card: _____

Insurance Information & Liability Waiver

(Please fully read and sign the liability statement at left completely before registering for this camp. Its effect is to release the University from any liability resulting from participation in the CSU-Pueblo Pack Wrestling Camp and waives all claims for damages or losses against the University.)

In case of emergency, contact: _____
 Emergency Phone #: _____
 Emergency Cell Phone#: _____

Participant's Health Insurance: _____
 Medical Insurance Address: _____

Insurance ID# and/or Policy #: _____
 Insurance Group ID# (if applicable): _____

Mail Application and Payment to:

Colorado State University-Pueblo
 ATTN: Dax Charles, Wrestling Coach
 2200 Bonforte Blvd.
 Pueblo, CO 81001

Questions?

Contact Coach Charles at
 (719) 549-2794 or by email at
 Dax.Charles@colostate-pueblo.edu



SAVE EVEN MORE!

Family Discount:

When you register two or members from the same family, enjoy a
\$20 PER CHILD DISCOUNT!

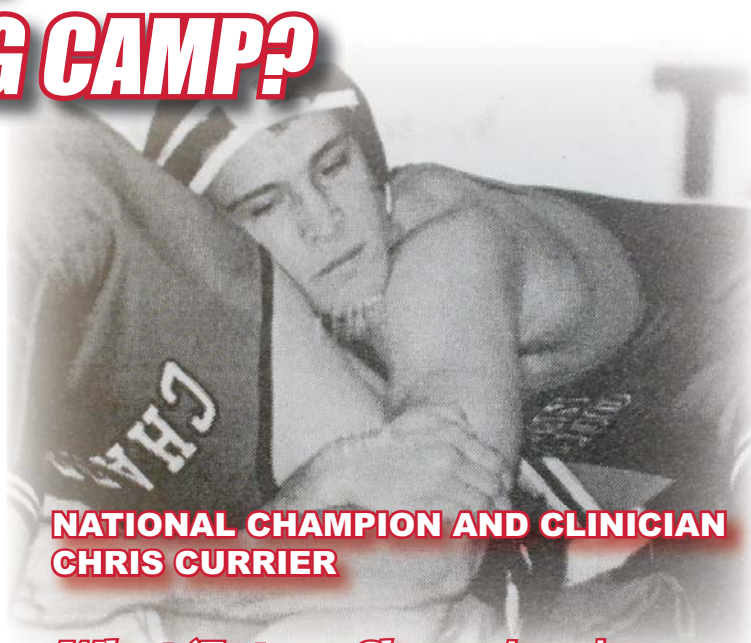
WHY ATTEND THE PACK WRESTLING CAMP?

Tradition

Be part of a wrestling program that boasts six Rocky Mountain Athletic Conference championships and 12 top ten finishes at nationals. The staff of camp clinicians have attained a combined four national championships and 16 All-American honors.

Facilities

CSU-Pueblo boasts the top wrestling facility in the RMAC with the 4,000-seat Massari Arena, with room for more than 10,000-square feet of mats, as well as one of the nation's top weight-training facilities, swimming pool, soccer fields and rock-climbing wall. The University also boasts two new living quarters for campers, the Belmont Residence Hall and the Crestone Residence Hall.



**NATIONAL CHAMPION AND CLINICIAN
CHRIS CURRIER**

What 'Future Champions' are saying about the Pack Camp



**CSU-PUEBLO
FUTURE CHAMPIONS**

JACOB SNIDER

MATT ADDINGTON

"The CSU-Pueblo camp is more physical and intense than any other camp I've been to – even the Division-I camps. I learned more there than I did anywhere else."

– Future Champion from Lamar High School

"This was the hardest thing I had ever done. It has made me a lot more confident and made me tougher both mentally and physically. Thank you immensely to all coaches."

– Future Champion from Swink High School

"This camp has changed my wrestling mentality, my mind set, and has refocused me."

– Future Champion from Cheyenne Mountain High School

Camp Details:

- Wrestling matches during competition sessions will be three (3) two-minute periods and will follow high school rules and regulations, with the exception of the required singlet and headgear.
- Each wrestler will be weighed-in at camp registration to declare their weight class. Matches will be paired according to high school weight classes.
- CSU-Pueblo wrestlers will be provided to coach teams during dual competition. Coaches attending the camp with a full or partial team may coach during competition as well.

Example Camp Schedule:

6:30 a.m.	Wake up
7-8 a.m.	Running/Weights
8-9 a.m.	Breakfast
9:30-11:30 a.m.	Session I: "Team Breakout Session" Technique
Noon	Lunch
1:30-3:30 p.m.	Session II: "Team Dual Meets" Competition
3:30-5 p.m.	Free Time & Recreation
6:30-8:30 p.m.	Session III: "Team Dual Meets" Competition
8:30-9:15 p.m.	National Champion Lecture Series: "We Will Have a Different National Champion Every Night"
	Free Time in Dorms
9-10 p.m.	In Rooms
10 p.m.	Lights Out
10:30 p.m.	

Unbeatable Value

At as little as \$150* for five full-days of elite training, Pack Wrestling Camps provide the best value available to improve your skills.

Individual	Price
Overnight per Wrestler	\$275
Commuter with Meal Option	\$225
Commuter without Meal Option	\$150
Teams	Price
Overnight Per Wrestler (8 or more team members)	\$250 each
Coaches	Price
Overnight per coach (with team of 8 or more)	FREE

*Family Discount: Registration fees are \$20 off per child.

Check-In/Check-Out Times: Check-in is Mon. at 2 p.m. at Massari Arena. Check-out time is Friday at 11:30 a.m.

CSU
PUEBLO

c/o Dax Charles, Wrestling Camp Director
2200 Bonforte Blvd.
Pueblo, CO 81001

PACK Wrestling **Camps**

Mission Statement

“...To build future team and individual champions through hard work and positive attitudes.”

Camp Philosophy

“...To train our campers like a ThunderWolf, training to win a National Championship and becoming an All-American.”

