



## TRAIN WITH THE BEST

2009 MN/USA Wrestling Junior National Training Camp Official Invitation  
(PLEASE READ COMPLETELY)



You are hereby invited to attend the MN/USA Junior National Training Camp. You may choose either style to compete in. There are no guaranteed spots on the teams, unless you are a returning Junior All-American at the same weight, finished in the top 3 at a 2009 USA Wrestling Junior National Regional Tournament or recently won both the Greco-Roman and Freestyle Junior State Championships. Spots on the national team are earned at camp by hard work. Please indicate on your registration form which camp and style (or styles if both) you wish to compete.

### Camp Check in/Check out information:

The Greco Camp will take place Sunday July 12th to Thursday July 16<sup>th</sup> at Augsburg College. This year's Greco Head Coach will be Matt Clark. Check in will be at Anderson Hall at 10:00AM, Sunday July 12th. Check out will be approximately 4:00PM on Thursday July 16<sup>th</sup> from Anderson Hall. Departure for Fargo for those wrestlers that have made the team will be on Saturday July 18<sup>th</sup> from Augsburg as well as various stops along the way to Fargo as will be determined by the coaching staff during camp. The Freestyle Camp will take place from Thursday July 16<sup>th</sup> to Monday July 20<sup>th</sup> at Augsburg College. This year's Head Freestyle Coach will be Dudley Flodeen. Check in will be at the Anderson Hall at 1:00pm Thursday July 16<sup>th</sup>. Check out will be approximately 2:00pm on Monday July 20<sup>th</sup>. Departure for Fargo will be on Wednesday July 22<sup>nd</sup> at various sites and times to be determined at camp. Please visit [www.augsburg.edu](http://www.augsburg.edu) for a map of the Augsburg campus as well as directions to it. All workouts will take place in Si Melby Hall.

The Coaching staff's for this year's camps include some of the best clinicians and technicians in the United States. This includes past US National Freestyle Team Members, World Team Members and NCAA Champions and All-Americans. The Greco staff includes current and past USA Greco-Roman stars such as Dan Chandler, Brandon Paulson, Chas Betts and Andy Bisek.

If you wish to participate in both styles you must submit a letter indicating why you want to compete in both styles. The letter should include any placing at 2009 Regional Tournaments or other information you feel is important for the coach to know. If you are not an automatic qualifier, (placed in the top 3 at any 2009 Freestyle Qualifier or won both Freestyle and Greco-Roman Junior State Championships) the Freestyle coaches along with the Junior Director will review the requests and based on openings will determine if you are able to compete in both styles. Decisions will be made before the end of Freestyle Camp.

The cost of the camp will be **\$375.00** Please fill out the registration form (form is online at [www.themat.com/events/Release\\_Waiver.pdf](http://www.themat.com/events/Release_Waiver.pdf)), the parent consent form (last page of this document) and return along with your **\$375** camp fee no later than Monday, July 6th. All wrestlers requesting to participate in both styles please submit your letter and additional **\$125.00**. The only acceptable form of payment will be a **CREDIT CARD, CASHIERS CHECK or MONEY ORDER**, payable to Minnesota USA Wrestling. (NO EXCEPTIONS!!). In addition to the camp fee, each athlete will be required to leave a **\$25.00 cash deposit** at the time of check-in. This fee will be refunded if there is no damage to the room and all keys are turned in. If you request to have a spot on BOTH teams and are chosen for a spot on the Freestyle Team the **\$125.00 crossover fee** will become non-refundable. The only case in which the crossover fee shall be refundable is if the MN/USA coaching staff does not grant you a spot on the Freestyle team or you are red-carded at the Greco tournament due to an injury.

Please come to camp in good condition. This is an intense camp to prepare you for the National Tournament. If you come in good shape, then the coaching staff will be able to lighten your training as the camp progresses. Minnesota routinely is at the top of the country when it comes to number of All-Americans and National Champions! This will be our goal once again. The coaching staff will make all the decisions as to who makes the team based on performance/participation at camp.

Please make sure you have all skin diseases under control, as we cannot jeopardize other wrestlers' health during camp. If you're being treated for any skin condition, then please bring a doctor's permission slip for our camp doctor to review. Our camp doctor has the last say as to whether you are cleared for wrestling. Bring plenty of work out gear, as we have 3 practices per day and you must have clean gear for each session. Coin operated washing machines are available.

We will be riding together in a bus or several 15-passenger vans to Fargo, and we will be staying at the C'mon Inn located at 4338 20<sup>th</sup> Ave. SW in Fargo. The phone number is 701-277-9944

**Return information from tournament:**

Greco wrestlers choosing to ride back after the Greco Finals will return Tuesday July 16th. Freestyle Wrestlers will return Saturday July 20<sup>th</sup>. We will stop approximately one hour north of MPLS to allow wrestlers to call parents for rides home if needed. Agendas for the camp and tournament will be available for parents at check-in. **NOTICE TO PARENTS:** Wrestlers are expected to behave in a manner that meets MN USA Wrestling's high standards. Any behavior that is deemed unacceptable will result in a bus trip home at the expense of the parents. (See attached parent consent).

**LIST OF THINGS TO BRING TO CAMP:**

**BE IN GOOD PHYSICAL SHAPE!!**

**BRING THE RIGHT ATTITUDE!**

# 1 Completed registration and waiver form if it was not already mailed in to the office. It can be found at [http://www.themat.com/events/Release\\_Waiver.pdf](http://www.themat.com/events/Release_Waiver.pdf)

- \_\_\_ LINENS (SHEETS/BLANKET)
- \_\_\_ ALARM CLOCK
- \_\_\_ WORK OUT GEAR – 1 CLEAN SET FOR EACH PRACTICE
- \_\_\_ SOCKS, UNDERWEAR, WRESTLING SHOES, HEADGEAR
- \_\_\_ CLOTHES FOR NON-WRESTLING TIME
- \_\_\_ GEAR BAG
- \_\_\_ TOWELS
- \_\_\_ RUNNING SHOES
- \_\_\_ SOAP- ANTI-BACTERIAL
- \_\_\_ PERSONAL CARE ITEMS
- \_\_\_ MONEY FOR MEALS IN FARGO
- \_\_\_ EXTRA SPENDING MONEY
- \_\_\_ PILLOW (if you want an extra one)

Please do not bring more than necessary, as space in the vans will be limited. You may wish to have your extra gear picked-up before the departure to Fargo. Also, please do not bring valuable items with to camp or Fargo as MN USA Wrestling will not be responsible for lost or stolen items.

The coaching staff is looking forward to working with you!

## **Minnesota USA Merchandise**

Interested in any Minnesota USA Wrestling Merchandise? Visit the website <http://www.mnusawrestlingstore.com/> and make your selection. Indicate below what you would like, include payment (check/money order or credit card). The merchandise will be available at camp check in.

Description of item:

Size/Color:

# of items:

Price:

Description of item:

Size/Color:

# of items:

Price:

Description of item:

Size/Color:

# of items:

Price:

Parent Consent Form MN/USA Wrestling

As the parent/legal guardian of \_\_\_\_\_, I give my permission for him to participate in the 2009 Minnesota National Wrestling Training Camp (Greco and/or Freestyle). If selected, I also give my permission for him to participate in the National Tournament held in Fargo, ND. I understand that my athlete will be expected to conduct himself in accordance with reasonable standards of behavior while in training and on the trip as prescribed by MN/USA Wrestling. In the event that my athlete may violate these rules or standards, I understand every effort will be made to reach me at the number listed below in the event it may become necessary to do so. However, you are authorized to put my athlete on a bus, bound towards his hometown, from Fargo or Augsburg College, whether or not you succeed in reaching me. Also, I will reimburse Minnesota/USA Wrestling for the expense of any such transportation at the current rate.

Camp: \_\_\_\_\_ Greco \_\_\_\_\_ Freestyle \_\_\_\_\_ Competition: Greco \_\_\_\_\_ Freestyle \_\_\_\_\_ Both \_\_\_\_\_  
(You must attend Greco camp if you are planning on competing in both styles at the National Tournament)

Wrestler's Name (Please print) \_\_\_\_\_

Date of Birth \_\_\_\_\_ USA Wrestling Membership ID: \_\_\_\_\_

Address \_\_\_\_\_ Phone # \_\_\_\_\_

Parent/Legal Guardian Name (Please Print) \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Legal Guardian Signature \_\_\_\_\_

You will be sharing a room at camp. If you have a preference for a rooming partner, please indicate and we will do our best to assign rooms accordingly: \_\_\_\_\_.

Method of payment: Circle One: Cashiers Check/Money Order or Credit Card Amount enclosed: \$ \_\_\_\_\_  
(\$375.00 or \$500.00)

**Credit Card Information: Please print clearly**

Name as it appears on Credit Card \_\_\_\_\_

Billing Address: \_\_\_\_\_  
(street, city, state, zip)

Telephone Number: \_\_\_\_\_

**Visa or MasterCard** (Circle One) Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ 3 digit security code: \_\_\_\_\_

I authorize to charge the amount indicated in the Amount enclosed field identified above to the card number listed. I verify I am authorized to charge on this account.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Print Name)

Please Return Completed Forms and payment (no personal checks) postmarked by July 6, 2009 to:  
MN USA Wrestling  
Attn: Chris Willaert Fargo Camp  
PO Box 231  
Cannon Falls, MN 55009  
Page 3