

2020 SCSU WRESTLING CAMP REGISTRATION FORM

PLEASE PRINT

Camp Selection: Grades K-2 Grades 3-6 Grades 7-12

Name _____ Age _____
 Height _____ Weight _____
 Parent/Guardian Name _____
 Address _____
 City _____ State _____ Zip _____
 Day Phone (____) _____ Home Phone (____) _____
 Email Address: _____

WAIVER STATEMENT

I hereby waive, release and forever discharge St. Cloud State University and its representatives from any liability or property damage that may occur during participation in this club/clinic. I am aware of the risks involved with wrestling and verify that this participant is physically fit to participate. I grant permission for my son/daughter to receive medical treatment by a medical professional.

Parent/Guardian Signature _____ Date _____

Make check payable to: SCSU Wrestling
Mail payment with registration form to:

St. Cloud State Wrestling
 307 Halenbeck Hall
 720 - 4th Ave. S
 St. Cloud, MN 56301-4498

Select T-Shirt Size:

Adult: Small Medium Large XL XXL
 Youth: Small Medium Large

www.stcloudstate.edu/athletics/sports/wrestling

Note: Registrations are due via mail or email by; Friday, June 19.

What to bring

- Workout gear, including wrestling equipment, running shoes, shorts, t-shirts, socks.
- Wrestling shoes, head gear, kneepads, and running shoes.
- Campers will be expected to shower after every practice so they will need: swimsuit, towel, soap, shampoo.
- Cell phones for emergencies only. (If they become a problem, they will be taken away until the end of camp)
- Snack and Water (optional)
- Any medications that need to be taken (We will be doing skin checks at the beginning of camp - so have any doctors notes or skin conditions taken care of!!!)
- Notebook and pencil.



For more information visit:

Contact: Coach Costanzo at

(O) 320-308-2996 or (C) 320-309-4878

E-Mail: sscostanzo@stcloudstate.edu

or

Coach Wilson at

(O) 320-308-3159 or (C) 507-330-3877

E-mail: bjwilson@stcloudstate.edu

St. Cloud State University does not discriminate on the basis of race, sex, color, creed, religion, age, national origin, disability, marital status, status with regards to public assistance, sexual orientation, gender identity, gender expression, or status as a U.S. veteran. The Title IX coordinator at SCSU is Elynn Bartges. For additional information, contact the Office of Equity & Affirmative Action, (320) 308-5123, Admin. Services Bldg. Rm 102.

A member of the Minnesota State Colleges and Universities System.

PS660.12

HUSKIES WRESTLING CAMPS 2020



JUNE 22, 23, 24
 HIGH SCHOOL TECHNIQUE CAMP
 YOUTH TECHNIQUE CAMPS

2 Sessions: K-2: 9 A.M. – NOON,
 3-6: 1 P.M.- 4 P.M.

1 Session: 7-12: 5:30 P.M. - 7:30 P.M.

ST. CLOUD STATE
 UNIVERSITY™

EDUCATION FOR LIFE.

HUSKIES WRESTLING CAMPS 2020

Coaching Staff



Steve Costanzo, St. Cloud State Head Wrestling Coach

- 14th Season at SCSU
- 2006 NAIA Coach of the Year
- 2011 & 2016 NCAA DII Coach of the Year
- 2011, 2012, 2013, 2016, & 2017 NSIC Coach of the Year
- 3X NCAA DII All-American



Brady Wilson, St. Cloud State Assistant Wrestling Coach

- 9th Season at SCSU
- 2010-2011 Assistant at MSU-Mankato
- 4x NCAA DII All-American
- MSU-Mankato's All Time Wins Leader



Travis Holt, St. Cloud State Graduate Assistant Wrestling Coach

- 2nd season as Graduate Assistant Coach
- 4 Year starter for SCSU Wrestling
- 4X NWCA Academic All-American
- 2 Year Team Captain

Typical Day - Schedule

Typical Day - Grades K-2
8:30 am K-2 Registration/Check-in
9:00 am News and Announcements
9:05 am Warm Up
9:15 am Technique
10:15 am Game
10:30 am Snack
10:45 am Technique
11:15 am Live wrestling
12:00 pm Break down/Dismissal

Typical Day - Grades 3-6
12:30 pm 3-6 Registration/Check-in
1:00 pm News and Announcements
1:05 pm Warm Up
1:15 pm Technique
2:15 pm Game
2:30 pm Snack
2:45 pm Technique
3:15 pm Live wrestling
4:00 pm Break down/Dismissal

Typical Day - Grades 7-12
5:00 pm 7-12 Registration/Check-in
5:30 pm News and Announcements
5:35 pm Warm Up
5:45 pm Technique/Drilling
6:45 pm Live wrestling
7:30 pm Break down/Dismissal

Location for both camps:

St. Cloud State University
Halenbeck Hall Wrestling Room
720 4th Ave. South • St. Cloud, Minn. 56301

THIS IS HUSKY WRESTLING!

- 2015 & 2016, 2018, 2019 NCAA DII National Champions
- 2012, 2013, 2017, 2018, 2019, 2020 NWCA National Duals Champions
- 2011, 2012, 2013, 2017 NCAA DII Runners-Up
- 2011-2014 54 consecutive dual meet wins (NCAA Record)
- 16 National Champions
- 128 All-Americans
- 3 USA Olympians
- 93 Conference/Regional Champs
- 132 NWCA All-Academic Award Winners

"Building Life Champions"

Camp Highlights

Takedowns:

Takedowns-The focus in the neutral position will be on solid leg attacks, set-up by consistent pressure on the opponent. We will also learn how to work the head, short offense, and upper body throws/trips.

Defense and Counter Attacks:

Here we will cover solid lines of defense, and what to do when an opponent gets to your legs. "An offensive defense"!

Top:

Although we will cover many top techniques, the focus will be on turning the toughest opponents with tilts and legs.

Bottom:

Attack from the bottom with an explosive stand-up series as well as secondary bottom combinations.

Drilling:

Learn to drill the above mentioned topics both intensely and effectively through pressure wrestling!

Games and Live Wrestling:

Camp games and live wrestling are steadily incorporated throughout the camp to enhance the participants experience.

THREE GREAT CAMPS

HIGH SCHOOL CAMP

3 Days - June 22, 23, 24, 2020, \$60 **NOTE: Refund Policy - You assume the responsibility for your purchase, and no refunds will be issued.**

5:30 p.m. to 7:30 p.m. • Grades 9-12

6 Hours of Husky Style Wrestling Techniques, Drills, and Live goes
Check in: 5:00 PM on June 22nd at Halenbeck Hall Fieldhouse

YOUTH CAMP

3 Days - June 22, 23, 24, 2020 \$75 **NOTE: Refund Policy - You assume the responsibility for your purchase, and no refunds will be issued.**

9 a.m. to 12 p.m. • Grades K-2

Check in: 8AM to 9AM on 6/22 at SCSU Fieldhouse

1 p.m. to 4 p.m. • Grades 3-6

Check in: 12PM to 1PM on 6/22 at SCSU Fieldhouse

Maximize learning new techniques, and drills while providing opportunities to compete in live match situations.

*****Special Deal!** There will be a \$5 discount per individual if you register 5 or more from the same team and/or pre-register a single participant before Friday, May 29.

NOTE:

**You can Also Register online at
www.wrestling.scsuhuskiesportcamps.com**