



## 2022 HIGH SCHOOL SUMMER CAMP

**Sunday, July 24<sup>th</sup> – Wednesday, July 27<sup>th</sup>**

**Grades: 7<sup>th</sup> - 12<sup>th</sup>**

**Check In:** Sunday, July 24<sup>th</sup>: 11:00 AM - 1:00 PM

**Check Out:** Wednesday, July 27 at 11:30 AM

**Resident Camper cost:** \$320 (15 Sessions + T-Shirt + Meals + Housing)

**Commuter w/meals cost:** \$245 (15 Sessions + T-Shirt + Meals)

**Commuter w/out meals cost:** \$150 (15 Sessions + T-Shirt)

There will be a \$25 charge for any lost Mcards or keys.

\*Camp will be in the Fieldhouse on the campus of the University of Mary, 7500 University Drive, Bismarck, ND 58504

### Camp Features

- Certified Athletic Trainer will be in attendance at every wrestling session
- Meals will be served in the Crow's Nest, the university's campus restaurant. Each meal will be buffet style.
- Each camper will have the opportunity to receive 1-on-1 coaching
- Camp t-shirt
- Barn Cat Tough competition
- Current & former UMary Wrestlers and coaches will serve as clinicians and camp counselors

### WHAT TO BRING

- **Wrestling Gear:** Wrestling shoes, headgear (recommended), knee pad (if you need one), singlet (recommended not required), and water bottle
- Several pairs of workout clothes that will get you through all the sessions in one day
  - I.e., Socks, briefs, shorts/sweatpants, t-shirts, sweatshirts, etc.
  - **\*\*NOTE:** There are washer and dryers in the residence halls. Bring laundry detergent to wash your clothes at night or in between sessions.
- Shampoo, body wash, clean towels
- For the Resident campers
  - A **TWIN (XL)** extra-long mattress, five inches longer than a traditional twin, **IS PROVIDED.**
  - **Blankets, sheets, pillows are NOT provided.**
  - Bring a sleeping bag OR sheets (for a twin XL mattress) & blanket for a twin size mattress.
  - Bring a **PILLOW!**
  - It is recommended to bring a fan to stay cool in the residence hall
- Cash to purchase additional snacks
- Snacks or drinks to have in between meals
- SIGNED WAIVER FORM
- Entertainment: playing cards, video counsel, etc.

The focus of UMary Wrestling Camp is to teach, regardless of one's current skill level, high level technique in a diverse range of wrestling styles to become successful. It will be emphasized for each camper to further their technical capabilities of one's own wrestling style. The camp will feature a mix of technique while emphasizing the importance of learning how to spar through wrestling positions that will encourage one to LEARN specific wrestling position(s), instead of doing a move because "coach" told you to do it. The last wrestling session of each day will be dedicated to live/sparring to allow for implementation and assessment of skills developed through one-on-one coaching. We will also have nightly discussions on a variety of topics to help the campers develop their overall wrestling IQ.

## Featured Clinicians



**Adam Aho** | Entering his 10<sup>th</sup> season as the University of Mary's Head Wrestling Coach. Since taking over the helm, Aho has coached seven of the program's ten NCAA II All-Americans. He has also led two individuals, Phillip Springsteen & Braydon Huber, to earned 2X NCAA II All-American honors, making them UMary's only multiple time DII All-Americans. In 2018, Aho was named the Northern Sun Intercollegiate Conference Coach of the Year and coached both the 2018 NSIC Wrestler of the Year, Tate Barnhardt, & NSIC Freshman of the Year, Phillip Springsteen. Aho's 2022 season was capped off with qualifying four individuals for the NCAA DII National Tournament, which is the most DII national qualifiers in the program's history. To put an explanation mark on the 2022 season, Reece Barnhardt finished 4<sup>th</sup> in country as a true freshman, making him the highest DII placer in the program's history, and was named the 2022 NCAA DII Rookie of the Year. Reece is the first in UMary's history to

earn this award. Aho has enhanced fan experience leading to average attendance of 927 during the 2019 season ranking the Marauders in the top 20 compared to all NCAA schools (DI included). He was a four-year starter at North Dakota State University during his collegiate career and was a 3X MN state place winner, finishing his senior season with a State Championship in 2004.



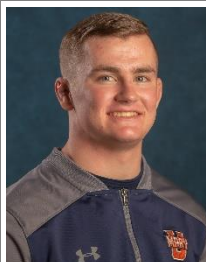
**Micheal Elliott** is entering his second year at the University of Mary as an Assistant Wrestling Coach. He coached four National qualifiers in the 2022 season and one All-American for the Marauders. Coach Elliott wrestled at Appalachian State University. During his high school career Elliott was the 2014 North Carolina State Champion and a 4X state place winner.



**Reece Barnhardt** | 2022 NCAA Division II All-American, highest DII placer in program history (4<sup>th</sup>) | 2022 NCAA Division II Rookie of the Year | 2022 NSIC Rookie of the Year | 2022 NWCA Scholar All-American | 2022 Marauders Athletics Rookie of the Year | 4X North Dakota State Champion



**Braydon Huber** | 2X NCAA Division II All-American, 2nd wrestler in program history to accomplish that honor. | 3X NCAA Division II National Qualifier, first one in program history | Second Team All NSIC Twice in 2022 & '20 | 2X Marauders Male Athlete of the Year | Idaho State Champion & 4X Finalist |



**Leo Mushinsky** | 2022 NCAA Division II National Qualifier | 2022 NWCA Scholar All-American | 3X Illinois State Placer | Former Division I Wrestler



**Matt Kaylor** | 2022 NCAA Division II National Qualifier | 2X ND State Champ, 5X State Place-winner | USAW Folkstyle All-American | 3X USAW Greco All-American | Junior Duals All-American | 2022 NWCA Scholar All-American

**\*\*Other current/former UMary Coaches & Wrestlers will be in attendance as clinicians or in a counseling capacity.**

Go to [www.umarywrestlingcamps.com](http://www.umarywrestlingcamps.com) to register and to reserve your spot today! Camp is limited to 120 total participants, 76 of which can be resident campers. If unable to register online, then use the form below. **REGISTRATION DEADLINE is Sunday, July 17 at 11:59 p.m.**

## 2022 UNIVERSITY OF MARY WRESTLING CAMP REGISTRATION FORM

Please Circle: HS – Resident (\$320) | Commuter w/meals (\$245) | Commuter w/out meals (\$150) |

Camper's Name: \_\_\_\_\_ Grade this fall (2022) \_\_\_\_\_ School: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Camper's phone: ( ) \_\_\_\_\_ Camper's email: \_\_\_\_\_

T-shirt size (circle) ADULT: S, M, L, XL, XXL, XXXL Additional shirts available for \$25 \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Parent's Mobile ( ) \_\_\_\_\_ Parent's email: \_\_\_\_\_

Please note any medical conditions that we should be aware of (attach additional sheet if necessary) \_\_\_\_\_

I understand that the University of Mary wrestling camp director and instructors will NOT be held responsible for injuries or loss of property while the above-named camper is attending the camp. I do hereby release the State of North Dakota, the University of Mary, its officers, agents, and employees from all liability, including claims and suits in law or equity for any injury, fatal or otherwise. The signature below absolves the UMary Wrestling Camp of all responsibility for loss of personal property. Furthermore, I realize the risk involved to the camper. I will pay, or cover through my insurance, any medical or hospital expenses, the doctor bills or other expenses which could be incurred as a result of treatment given the above-named camper for illness or injury while attending the UMary Wrestling Camp. I hereby authorize the staff of the UMary Wrestling Camp to act for me according to their best judgement in any emergency requiring medical attention. I further understand the camp retains the right to use, for publicity and advertising purposes, photographs of campers taken at camp.

Parent/Guardian Full Name (Please Print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Send registration form and registration fee to: University of Mary Wrestling, 7500 University Drive, Bismarck, ND 58504

**\*\*You can also register online at: [www.umarywrestlingcamps.com](http://www.umarywrestlingcamps.com) \*\*REGISTRATION DEADLINE is Sunday, July 17 at 11:59 p.m.**

For additional information or questions, please contact: Adam Aho | Head Wrestling Coach | [ajaho@umary.edu](mailto:ajaho@umary.edu) | Mobile: 701.367.2895

# High School Camp Itinerary

[www.umarywrestlingcamps.com](http://www.umarywrestlingcamps.com)

**Sunday, July 24<sup>th</sup> – Wednesday, July 27<sup>th</sup>**

<b>Time</b>	<b>Sunday, July 24, 2022</b>	<b>Location</b>
11 AM – 1:00 PM	Check-In & Registration	Fieldhouse
<b>1:30 PM</b>	<b>Session 1 - Technique</b>	<b>Fieldhouse</b>
3:30 PM	Free Time/Games	Fieldhouse/North Hall
5:00 PM	Dinner	Crow's Nest
<b>7:00 PM</b>	<b>Session 2 - Live session</b>	<b>Fieldhouse</b>
<b>9:15 PM</b>	<b>Session 3 – Group Discussion on Goals/Ownership</b>	<b>TBD</b>
11:00 PM	Lights Out	North Hall
<b>Time</b>	<b>Monday, July 25, 2022</b>	<b>Location</b>
6:50 AM	Wake-Up	North Hall
<b>7:15 AM</b>	<b>Session 4 – Barn Cat Tough Competition</b>	<b>Fieldhouse</b>
8:00 AM	Breakfast	Crow's Nest
<b>9:00 AM</b>	<b>Session 5 - Technique Session</b>	<b>Fieldhouse</b>
11:30 AM	Lunch	Crow's Nest
<b>1:30 PM</b>	<b>Session 6 - Technique/Drill Session</b>	<b>Fieldhouse</b>
3:30 PM	Free Time/Games	Fieldhouse/North Hall
5:00 PM	Dinner	Crow's Nest
<b>7:00 PM</b>	<b>Session 7 - Live session</b>	<b>Fieldhouse</b>
<b>9:15 PM</b>	<b>Session 8 - How to evaluate/breakdown film</b>	<b>TBD</b>
11:00 PM	Lights Out	North Hall

Time	Tuesday, July 26, 2022	Location
6:50 AM	Wake-Up	North Hall
<b>7:15 AM</b>	<b>Session 9 – Barn Cat Tough Competition</b>	<b>Fieldhouse</b>
8:00 AM	Breakfast	Crow's Nest
<b>9:00 AM</b>	<b>Session 10 - Technique Session</b>	<b>Fieldhouse</b>
11:30 AM	Lunch	Crow's Nest
<b>1:30 PM</b>	<b>Session 11 - Technique/Drill Session</b>	<b>Fieldhouse</b>
3:00 PM	Free Time/Games	Fieldhouse/North Hall
5:00 PM	Dinner	Crow's Nest
<b>7:00 PM</b>	<b>Session 12 - Live session</b>	<b>Fieldhouse</b>
<b>9:10 PM</b>	<b>Session 13 – Organized game</b>	<b>TBD</b>
11:00 PM	Lights Out	North Hall
Time	Wednesday, July 27, 2022	Location
6:50 AM	Wake-Up	North Hall
<b>7:15 AM</b>	<b>Session 14 – Barn Cat Tough Competition</b>	<b>Fieldhouse</b>
8:00 AM	Breakfast	Crow's Nest
<b>9:00 AM</b>	<b>Session 15 – Final Session – Sparring/Technique followed up with live Wrestling</b>	<b>Fieldhouse</b>
<b>11:30 PM</b>	<b>Conclusion of Camp, Barn Cat Tough Awards, Team Picture, &amp; Check out</b>	<b>Fieldhouse</b>

#### Notes/Additional Items

**Crow's Nest:** Campers that purchase a meal plan will have designated mealtimes that will be buffet style. Snacks outside of these designated mealtimes will be available for purchase.

**Free Time/Games:** This will be time to relax and to have some down time to hang out in the residence hall, Crow's Nest, or play some games. UMary Wrestlers and/or Coaches will be present to participate as well. We can organize some competitions, such as a dodgeball tournament, spike ball games, etc.

**Camp Counselors:** UMary Wrestlers will serve as camp counselors and will supervise the campers throughout the duration of the camp.