



2023 HIGH SCHOOL SUMMER CAMP

Monday, June 19, 2023 – Thursday, June 22, 2023

Grades: 7th - 12th

Check In: Monday, June 19 from 11:30 AM - 1:00 PM

Checkout: Thursday, June 22 at 11:30 AM

Resident Camper cost: \$350 (16 Sessions + T-Shirt + Meals + Housing)

Commuter w/meals cost: \$255 (16 Sessions + T-Shirt + Meals)

Commuter w/out meals cost: \$160 (16 Sessions + T-Shirt)

Team & Sibling Discount Codes: Contact UMary Wrestling Staff for discount code

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

*Camp will be held in the McDowell Activity Center on the campus of the University of Mary, 7500 University Drive, Bismarck, ND 58504











Camp Features

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

WHAT TO BRING

- **Required:**
 - WATER BOTTLE, wrestling shoes, & running shoes
 - 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 washers and dryers in the residence halls to use. Bring laundry detergent to wash your clothes at night or in between sessions.
 - Hygiene Products: Shampoo, body wash, wash cloth, deodorant, toothbrush, toothpaste, clean towels, etc.
 - 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 & blankets along with a **PILLOW.**
 - It is recommended to bring a fan to stay cool in the residence hall.
 - SIGNED WAIVER FORM if you did not register online.
- **Recommended:**
 - Alarm clock, Phone, phone charger
 - headgear, knee pad, singlet, mouth guard
 - Cash to purchase additional snacks
 - Snacks or drinks to have in between meals
 - Entertainment: playing cards, video game counsel, et

The focus of this UMary Wrestling Camp is to teach high level technique, regardless of one's current skill level, 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.

 <p>Adam Aho: 10th seasons as University of Mary Wrestling Head Coach. 10 NCAA DII All-Americans as a Head Coach, including three two-time NCAA DII All-Americans. In 2023, Aho propelled UMary to 100 All-Americans in program history. Coach Aho's program placed third at 2023 NWCA National Duals Championships & in the Northern Sun Intercollegiate Conference Dual standings. UMary swept the NSIC awards in 2018 with two Marauders earning wrestler & rookie of the year honors, & Aho named NSIC Coach of the Year. As a competitor, Aho was a four year starter for North Dakota State University, as well as a Minnesota State Champion & three-time MN State medalist.</p>	 <p>Carson Henry: 3rd seasons as University of Mary Wrestling Assistant Coach. As an Assistant Coach, Henry has coach 19 NCAA DII & NJCAA All-Americans, including four national finalist, two individual NCAA DII National Champions & two NJCAA DIII Team Championships. Henry has coached two teams to the podium at NWCA National Duals placing 2nd in 2020 at Rochester (NJCAA), and 3rd in 2023 with UMary. As a competitor, Henry tallied 122 wins through high school & college, earning a 91% pin percentage with 111 by pinfalls. Henry wrestled for St. Charles, MN in high school, then in college at Rochester & Northern State.</p>
 <p>Reece Barnhardt: 2022 & 2023 NCAA DII All-American, 2022 & 2023 NCAA Super Region V Runner Up, 2022 NCAA DII Rookie of the Year, four-time North Dakota State Champion.</p>	 <p>Braydon Huber: 2020 & 2021 NCAA DII All-American, three-time NCAA DII National Qualifier, 3rd most wins in program history with 80, Idaho State Champion & four-time medalist.</p>
 <p>Matt Kaylor: 2023 NCAA DII All-American, 2022 & 2023 NCAA DII National Qualifier, USAW Folkstyle & USAW three-time Greco All-American, two-time North Dakota State Champion & five-time medalist.</p>	 <p>Max Bruss: 2023 NCAA DII All-American, 2021 & 2023 NCAA DII National Qualifier, 2023 NCAA Super Region V Finalist, 2nd most wins in program history with 93 & single season wins record holder with 33 in 2023, 2018 Wisconsin State Finalist.</p>
 <p>Luke Tweeton: 2023 NCAA DII National Qualifier, 2023 NCAA Super Region V Finalist, two-time Minnesota State Finalist & three-time medalist, three-time Northern Plains Greco Champion.</p>	 <p>Wyatt Lidberg: 2023 2nd team All-NSIC, two-time Minnesota State medalist, Northern Plains Champion & two-time finalist, USAW Freestyle All-American.</p>
 <p>Leo Mushinsky: 2022 NCAA DII National Qualifier, four-time Illinois State medalist.</p>	 <p>Laken Boese: 2020 & 2023 NCAA Super Region V medalist, North Dakota State Champion & two-time medalist.</p>

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

Go to www.umarywrestlingcamps.com to register and to reserve your spot today! Camp is limited to 120 total participants, 98 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.

2023 UNIVERSITY OF MARY WRESTLING CAMP REGISTRATION FORM

Please Circle: HS – Resident (\$350) | Commuter w/meals (\$255) | Commuter w/out meals (\$160) |

Camper's Name: _____ Grade Fall 2023: _____ 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 **REGISTRATION DEADLINE is Sunday, June 11 at 11:59 p.m.**

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