



2025 HIGH SCHOOL SUMMER CAMP

Monday, June 23, 2025 – Thursday, June 26, 2025

Grades: 7th - 12th

Check In: Monday, June 23 from 10:00 AM - 11:30 AM

Checkout: Thursday, June 26 at 11:30 AM

Resident Camper cost: \$355 (15 Sessions + T-Shirt + 9 Meals + Housing)

Commuter w/meals cost: \$260 (15 Sessions + T-Shirt + 9 Meals)

Commuter w/out meals cost: \$160 (15 Sessions + T-Shirt)

HS Teams of 8 ≥ or Siblings Discount Codes: Contact Coach Aho for discount code.

**Please note there will be a \$25 charge per lost MCard or key.*

*Camp will be held in the UMary Fieldhouse 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.
 - **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.
- **Recommended:**
 - Alarm clock, Phone, phone charger
 - headgear, knee pad, **singlet**, mouth guard
 - Money to purchase additional snacks
 - Snacks or drinks to have in between meals
 - Entertainment: playing cards, video game console, etc.

The focus of our UMary Wrestling Camp is to teach high level technique, regardless of one's current skill level, that can be added to 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 positions. We want the wrestler to perform instinctively when wrestling, versus having to pause and think about what move to do. The last wrestling session of each day will be dedicated to live/sparring to allow for implementation and assessment of skills developed throughout the camp. We will also have daily discussions on a variety of topics to help the campers develop their overall wrestling IQ and mindset.

Camp Clinicians:

Reece Barnhardt (133): 4-time NCAA DII All-American (UMary's first and only NCAA DII 4-time AA), 2025 NCAA Champion, 2022 NCAA DII Rookie of the Year, 4-time North Dakota State Champion, 2024 UMary Athlete of the Year & 2022 UMary Rookie of the Year.

Sean Solis (141): 2025 NCAA DII All-American (3rd) & 2025 Super Region V Champion

Kaden Renner (157): 2025 NCAA DII All-American (7th), North Dakota State Champion

Luke Tweeton (285): 2024 NCAA DII All-American & 2024 NCAA Super Region V Champion. 3-time NCAA DII National Qualifier, 2-time Minnesota State Finalist & 3-time medalist, 3-time Northern Plains Greco Champion, 2023 UMary Rookie of the Year.

Wyatt Lidberg (184): 2023 2nd team All-NSIC, two-time Minnesota State medalist, Northern Plains Champion & two-time finalist, USAW Freestyle All-American, UMary season and career record holder for tech falls.

Leo Mushinsky (165): 2022 & 2025 NCAA DII National Qualifier, four-time Illinois State medalist.

Braydon Huber: Assistant Coach, UMary Wrestling (1st Season)

In his first year as an assistant coach at his alma mater, the University of Mary, Braydon Huber has already made a significant impact. He coached three NCAA All-Americans, including the program's first NCAA champion, and helped lead UMary to its best NCAA Division II finish (6th place). Huber has also played a key role at the high school level, serving as the head clinician for Team North Dakota's high school national team for the past two years. During that time, he coached Nic Enzminger to a USA Wrestling Greco National Championship in 2024. His early success as a coach reflects his deep understanding of the sport and his ability to develop top-level talent. As a scholar-athlete at UMary, Huber was a 2-time NCAA All-American and a 3-time National Qualifier. He holds two records at the University of Mary for all-time near falls and single-season takedowns. His dominance on the mat earned him the title of UMary Male Athlete of the Year twice, and he served as a four-time team captain, demonstrating his leadership and competitive drive throughout his career. Before his collegiate success, Huber was an Idaho State Champion and a 4-time state finalist during his high school career, showcasing his exceptional wrestling talent from an early age.

Adam Aho: Head Coach, UMary Wrestling (12th season)

Led the University of Mary wrestling program for 12 seasons, guiding the team to a historic 6th-place finish at the 2025 NCAA DII National Championships, the highest NCAA DII finish in UMary history. Under his leadership, UMary has produced 15 NCAA DII All-Americans, including Reece Barnhardt, the program's first and only NCAA DII National Champion and a 4-time All-American. Aho has also coached two 2-time All-Americans, Braydon Huber and Phillip Springsteen and 23 NCAA DII National qualifiers. For eight consecutive years, Aho has coached an All-American at the NCAA DII National Championships. UMary has also placed 8th or higher at the NWCA National Duals Championships for the past three seasons. Aho was named NSIC Coach of the Year in 2018. As a competitor, Aho was a four-year starter at North Dakota State University. He was a Minnesota State Champion and a three-time Minnesota State medalist. Aho is married to his wife, LaBreena, and they have two boys, Brayden and Braxtyn.

****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 150 total participants. If unable to register online, then use the form below.

REGISTRATION DEADLINE is Sunday, June 8th at 11:59 p.m.

2025 UNIVERSITY OF MARY WRESTLING CAMP REGISTRATION FORM

Please Circle: HS – Resident (\$355) | Commuter w/meals (\$260) | Commuter w/out meals (\$160) |

Camper's Name: _____ Grade Fall 2025: _____ 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 8th, at 11:59 p.m.**

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