

APPLICATION FORM FOR CCC WRESTLING CAMP

Name: _____

Address: _____

City: _____

State _____ Zip: _____

Grade in School: _____

Age: _____ Weight: _____

EMERGENCY CONTACT:

Name: _____

Number: _____

In case of injury or illness, necessary treatment is authorized.

Insurance Company _____

Policy Number: _____

I hereby waive and release Clackamas Wrestling Camp from any and all liability and injuries or illness incurred while at camp. I authorize the said camp to act for me in any medical emergency, according to their best judgment.

Home Phone: _____

Parent/Guardian Signature

Shirt (circle one): Boys-S Boys-M Adult-S

Adult-M Adult-L Adult-XL Adult 2XL

NOTE: Do not wait until it is too late. Only a limited number of wrestlers will be accepted!

Enclosed is \$75.00 cash/check/money order for my deposit. The balance due (\$75.00) will be paid upon my arrival at camp. Deposits are non-refundable. Make checks payable to Clackamas Wrestling. Send this application and deposit to:

Clackamas Wrestling Camp

19600 Molalla Ave.
Oregon City, OR 97045

10038
CLACKAMAS
COMMUNITY COLLEGE
19600 Molalla Ave.
Oregon City, OR 97045

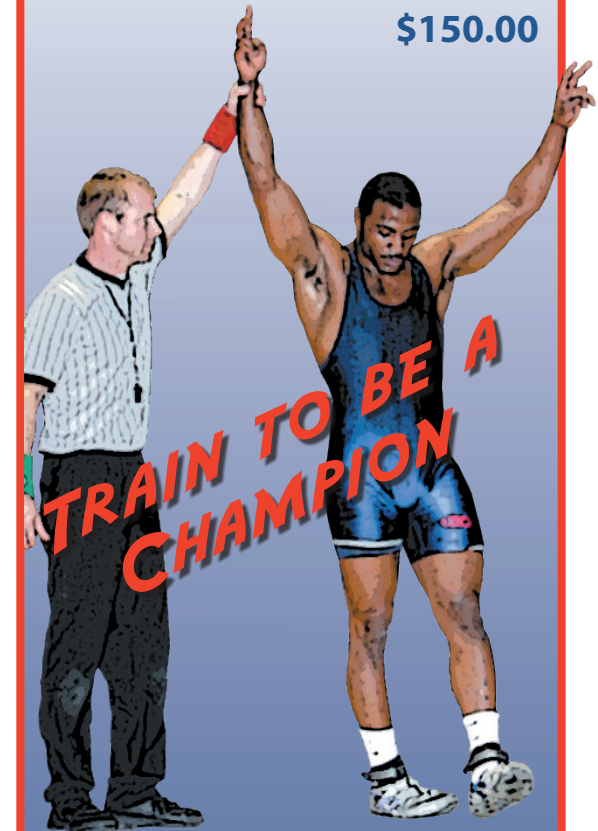
Non-Profit
Organization
U.S. Postage
PAID
Oregon City, OR
Permit No. 17

2011 WRESTLING CAMP

June 27th through June 30th

Randall Hall Gymnasium

\$150.00



FEATURING

University of Oregon All-American
& UFC Pro: **Chael Sonnen**

2x NJCAA National Champion &
Junior World Team Member: **Tyrell Fortune**

Emmy Award Winner & Former Cougar Wrestler:
Richard Jensen

CLACKAMAS
COMMUNITY COLLEGE
Smart.

About the Camp

Clackamas Wrestling Camp is a commuter camp for wrestlers who would like to take the opportunity to expand their wrestling knowledge and train to become champions! Under the guidance of Camp director Josh Rhoden and Assistant Director Bret Born, current and former Cougar Wrestlers will help encourage and develop young wrestlers as camp counselors.

All camp sessions will focus on Collegiate/Folkstyle wrestling with emphasis on mat wrestling and takedowns. Additionally, this camp will focus on being an ambassador for the sport of wrestling through our sessions focusing on Citizenship, Leadership, and Decision Making. This is highlighted by our closing session with former Clackamas Wrestler, Richard Jensen whose inspirational story will help highlight the importance of each of these topics.



SCHEDULE

Day 1

7:30- 8:00 am	Drop off and Check In
8:00-9:30 am	Technique Session #1: Set Ups
9:30-9:45 am	Break and Snack
9:45-11:30 am	Technique Session #2: Leg Attacks
11:30 am-12:00 pm	Lunch
12:00-1:00 pm	Personal Development Session
1:00-2:30 pm	Technique Session #3: Finishes
2:30-4:00 pm	Guest Clinician: Chael Sonnen

Day 2

7:30- 8:00 am	Drop off and Check In
8:00-9:30 am	Technique Session #1: Set Ups
9:30-9:45 am	Break and Snack
9:45-11:30 am	Technique Session #2: Leg Attacks
11:30 am-12:00 pm	Lunch
12:00-1:00 pm	Personal Development Session
1:00-2:30 pm	Technique Session #3: Finishes
2:30-4:00 pm	Guest Clinician: Tyrell Fortune

Day 3

7:30- 8:00 am	Drop off and Check In
8:00-9:30 am	Technique Session #1: Set Ups
9:30-9:45 am	Break and Snack
9:45-11:30 am	Technique Session #2: Leg Attacks
11:30 am-12:00 pm	Lunch
12:00-1:00 pm	Personal Development Session
1:00-2:30 pm	Technique Session #3: Finishes
2:30-4:00 pm	Guest Clinician: Chael Sonnen

Day 4

7:30- 8:00 am	Drop off and Check In
8:00-9:30 am	Technique Session #1: Set Ups
9:30-9:45 am	Break and Snack
9:45-11:30 am	Technique Session #2: Leg Attacks
11:30 am-12:00 pm	Lunch
12:00-1:00 pm	Personal Development Session
1:00-2:30 pm	Technique Session #3: Finishes
2:30-4:00 pm	Guest Speaker: Richard Jensen

What to Bring

- ◆ Lunch (each day we will provide a snack)
- ◆ Positive Attitude ◆ Wrestling Gear ◆ Wrestling and Running Shoes ◆ Head gear is optional

Camp Staff

Camp Director: Josh Rhoden

Josh is the Head Wrestling coach of the 2011 NJCAA National Champion Clackamas Community College Wrestling Team and was awarded the 2011 NJCAA National Coach of the Year. In his five years at Clackamas his teams have finished in the top 8 every single year!

Contact Info: (503) 594-3276 office; (503) 319-8410 cell; joshhr@clackamas.edu



Assistant Director: Bret Born

Bret is the assistant wrestling coach at Clackamas Community College and has assisted in turning out 24 NJCAA Wrestling All-Americans over the past 5 years! As a head coach at Portland's Lincoln High School, Coach Born, was named PIL Coach of the Year on three occasions. Bret wrestled collegiately for the University of Ohio as well as assisted with the program following his graduation.

Contact info: coachborn@yahoo.com



Guest Clinician: Chael Sonnen

Chael wrestled for the University of Oregon following an incredible prep career at West Linn High School here in Oregon. He was a Division I All-American for the Ducks and has recently been one of the top contenders in the Ultimate Fighting Championships (UFC).

Guest Clinician: Tyrell Fortune

Tyrell currently wrestles for Clackamas Community College where he has won 2-NJCAA National Championship. Fortune has also been crowned 2009 FILA Jr. National Champion and was the Runner up at the Asics University Nationals (2011). As a prep Fortune won 2-Oregon State Championships and was an 8x Fargo All-American winning 6 National Championships!

Guest Speaker: Richard Jensen

Richard wrestled for the Cougars during the 2006-2008 school years. He was an NJCAA National qualifier in 2008. More importantly his personal story overcoming a life of addiction through the sport of wrestling won him and ESPN an Emmy Award!

More Info available at:

<http://www.lostdreamsawaken.org>