

A Note From Coach Kish

The Bison Team Camp will provide a competitive dual meet tournament and each team will wrestle 9-11 matches. We are confident that our camp will provide the tools necessary for success at all levels. We have the staff to help you reach your goals of winning state championships and prepare you for national competitions.

REGISTER ONLINE

www.ndsuwrestlingcamps.com

Typical Daily Schedule

7:00 – 8:15	Breakfast
9:00 – 9:30	Team Meeting
9:30 – 11:00	Technique Session
11:30 – 1:00	Lunch
1:00 – 2:30	Technique Session
3:00 – 4:45	Dual Meet Competition
5:00 – 6:30	Dinner
7:00 – 8:45	Dual Meet Competition
9:00 – 10:00	Dodgeball Tournament

What to Bring

Shoes, head gear, work-out clothes, fan and personal toiletries. Free laundry machines will be available for use. Each dorm room will be supplied with a standard linen package—sheet, pillowcase, blanket, 2 towels, 1 washcloth.

Training Staff

Full-time trainers will be at every session.

Please contact Coach Matt Nagel with questions:
701-850-7592 or matt.d.nagel@ndsu.edu

Camp Description

The **Bison Team Camp** offers the ultimate experience for the competitive wrestler and coach by giving them the opportunity to develop their individual skills and learn new techniques while working together towards their team's ultimate goal.

With this team camp format, registration is limited to the first 16 teams due to space.

This five-day format features conditioning, technique sessions, scrimmages, dodgeball and a team dual tournament. *A coach is required to accompany each team for the dual portion of the camp.

Each dual meet will be scored with ten individual matches. We highly recommend that you attend camp with 10 or more wrestlers.

Each dual meet will consist of 10 different weight classes. As a guideline, not strict weight classes, these are suggested weight classes:
100, 110, 120, 130, 140, 150, 160, 170, 185, HWT

INDIVIDUALS ARE WELCOME, and will be placed on existing teams or form an all-star team.

Team Camp shall be open to any and all entrants (limited only by number, age, grade level and/or gender).

Registration: 1:00-3:00 p.m., Sunday June 23
Check out: 11 am—Thursday, June 27

Register online at www.ndsuwrestlingcamps.com

North Dakota State University does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, Vietnam Era Veterans status, sexual orientation marital status, or public assistance status. Direct inquiries to the Chief Diversity Office, 205 Old Main, 701-231-7708.

NDSU is required to provide reasonable accommodations for guests with disabilities. Examples of accommodations include a sign language interpreter, a dietary accommodation, or a wheel-chair accessible room. In the event there are additional expenses involved it is the responsibility of the sponsor to pay. Guests are required to contact the sponsor a minimum of 3 weeks before the event.

Bison Team Wrestling Camp June 23-27, 2019

*To be completed by parent or legal guardian.
Please print clearly. Be sure to fill in all sections
including signatures on waiver on backside.*

Name _____

Street Address _____

City, State Zip _____

Primary Phone Number _____

Personal Email Address _____

Insurance Company _____

Insurance Policy Number _____

Name of Team _____

High School _____

Grade _____

Age _____

Shirt Size _____

Roommate Preference _____

Register online at www.ndsuwrestlingcamps.com

Cost breakdown per camper — Choose One:

___ Resident Camper \$365.00

___ Commuter \$275.00

___ # of Coaches attending— \$100.00

**1st coach free with teams of 15+ wrestlers -
cost for 2nd Coach attending—\$100.00**

\$ _____ Total Enclosed

Be sure to fill out the backside of this form before returning.