

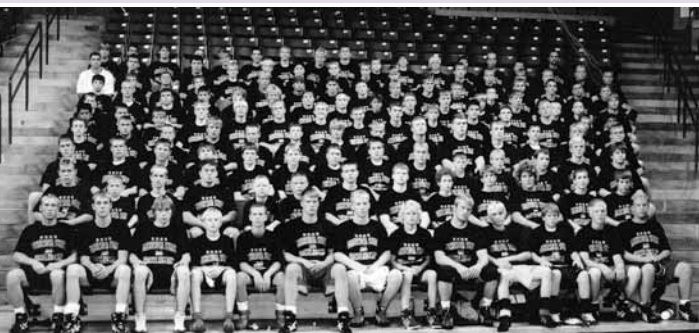
Wrestling Camp Costs

Resident Fee\$295.00

Commuter Fee (includes lunch and dinner)\$235.00

Team Rate Fee\$270.00

Team Rate Fee: Ten or more athletes from the same team will qualify for Team Rate. Maximum of sixteen teams will be accepted for each camp.



A Typical Day at Camp

7:30 Wake-up
7:30 - 8:30 Breakfast
9:30 - 11:30 Wrestling Skills
11:30 - 12:30 Lunch
1:00 - 1:30 Lecture on Nutrition Goal Setting
1:30 - 3:30 Drilling, Live Wrestling
4:30 - 5:30 Open Swim
5:00 - 6:00 Dinner
7:00 - 9:00 Team Competition
9:00 - 10:30 Swim, free time, and movies
11:00 Lights out

For More Information

Jim Makovsky at 507-389-6521
Cell phone: 507-317-2561
or e-mail: james.makovsky@mnsu.edu

A member of the Minnesota State Colleges and Universities System.

Minnesota State Mankato is an Affirmative Action/Equal Opportunity University.

Individuals with a disability who need a reasonable accommodation to participate in this event, please contact the Office of Intercollegiate Athletics at 507-389-6111 (V), 800-627-3529 or 711 (MRS/TTY) at least five days prior to the day of the event. This document is available in alternative format to individuals with disabilities by calling the above numbers.

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Wrestling Camp
Office of Intercollegiate Athletics
Minnesota State University, Mankato
135 Myers Field House
Mankato, MN 56001

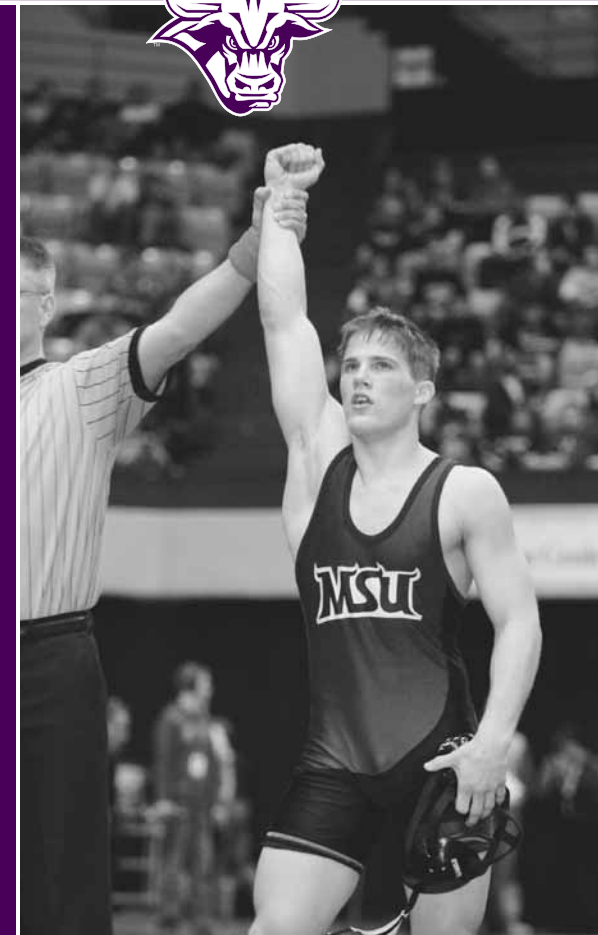


July 9-12, 2009 Individual and Team Wrestling Camps

Open to wrestlers grades 6-12



MINNESOTA STATE UNIVERSITY MANKATO



- Team Building Sessions
- Sessions with Sports Psychologist
- Sessions with Professional Strength Coach
- Sessions with Nutritionist
- Team Competition
- Air Conditioned Training and Housing Facilities
- Excellent Camp Staff

MINNESOTA STATE MANKATO WRESTLING CAMPS

Wrestling Camp Directors



Jim Makovsky

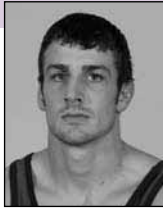
- Head Wrestling Coach at MSU for 16 years
- Career Record: 227-84
- Coached 10 National Champions and 74 NCAA II All-Americans

- 2009 North Sun Conference Coach-of-the-year
- 2008 North Central Conference Coach-of-the-year
- 2007 North Central Conference Coach-of-the-year
- Three-time North Region Champions
- Twelve top eight NCAA II finishes
- 2008 National Dual Meet Champions



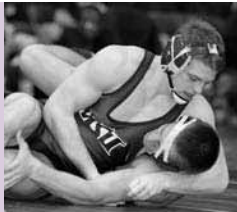
Jon May

- Assistant Wrestling Coach at MSU
- Minnesota High School State Champion
- 6-time High School All-American
- Competed at University of Nebraska-Lincoln
- Two-time NCAA Qualifier



Jason Rhoten

- Assistant Wrestling Coach at MSU
- All-time win leader at MSU: 137-23
- Four-time NCAA II All-American
- NCAA II National Champion
- North Region Wrestler of the Year



Wrestling Camp Facts

All wrestlers are grouped by size and ability and given individualized instruction.

Date: July 9-12

Check-In: Thursday, July 9, 1:00-2:00 P.M.

Check-Out: Sunday, July 12, 12:00 NOON
(Lunch Not Included)

Location: Minnesota State University, Mankato campus in Mankato, Minnesota.

Housing: All participants will be housed in air conditioned hotels.

Commuter: Includes lunch and dinner.

Applications: The camp director encourages early enrollment to assure acceptance.

Eligibility: The Minnesota State University, Mankato Wrestling Camp will be open to boys who will be entering grades 6 through 12 next fall.

Deposit: A \$150.00 deposit must accompany all applications. Balance due by the first day of camp.

Security: University Security provides 24-hour security on campus. Camp staff will provide supervision 24 hours a day.

Insurance and medical care: Campers must provide their own medical insurance. A doctor is on constant call and hospital facilities are readily accessible. BECAUSE OF THE RIGOROUS DAILY SCHEDULE, EACH CAMPER SHOULD COME TO CAMP IN TOP PHYSICAL CONDITION. The camp staff assumes no responsibility for accidents or illness. We will not accept a camper with a pre-existing medical problem unless we have been notified prior to registration.

Cut on line

Cut on line

Minnesota State Mankato Individual & Team Wrestling Camp Application

Detach completed application and mail with deposit to: Wrestling Camp, Minnesota State University, 135 Myers Field House, Mankato MN, 56001

Name _____ Age _____

Street Address _____

City _____ State _____ Zip _____

School _____ Grade in Fall 2009 _____ Height _____ Weight _____

E-mail address _____

Please check:

Resident \$ 295.00

Commuter \$ 235.00

Team rate \$ 270.00

Parent's Release and Indemnity Agreement

To: Minnesota State University, Mankato Wrestling Camp: I/We hereby request that you accept the application for enrollment of _____ in the Minnesota State University, Mankato Wrestling Camp during the dates set forth in this application and in consideration of your acceptance of the application, I/We hereby release Minnesota State University, Mankato and all its employees and the Camp Director from all claims on account of any injuries which may be sustained by my/our child while attending the Minnesota State University, Mankato Wrestling Camp; and I/We agree to indemnify Minnesota State University, Mankato and its employees and Camp Director for each claim which may hereafter be presented by my/our child as a result of any such injuries. I/We also give permission for appropriate care and treatment to be given as seen necessary by the Athletic Trainer. I/We also certify that my/our child is medically fit to participate in your program.

Medical Insurance Co. _____

Policy No. _____ Social Security # of Policy Holder _____

Parent's Signature _____ Date _____

Work Phone (_____) _____ Home Phone (_____) _____

I would like to room with (one choice only): _____ Please send me _____ additional brochures for my friends.

Please complete form above for emergency purposes.

GAIN THE COMPETITIVE EDGE!