

# Clay Nagel's V.I.P. Cobber Wrestling Camps Summer 2009

## Dates

TBD based on your schedule

## Entry Fee

Low cost; TBD based on location and number of athletes

## Deadline

Scheduled on first come, first serve basis

## Eligibility

All K-12 wrestlers

## Style

Folkstyle

## Techniques that will be taught

- ✓ Takedowns and Counters
- ✓ Upper Body Throws and Counters
- ✓ Bottom Moves and Counters
- ✓ Breakdowns and Rides
- ✓ Leg Riding
- ✓ Pinning Pressure and Pins
- ✓ How to Fight Off Your Back

## Clay Nagel Head Wrestling Coach

352-72 High School Record

11-Time State Team Placewinner

- ▶ Three Team Titles
- ▶ 122 State Entrants
- ▶ 64 State Placewinners
- ▶ 29 State Finalists
- ▶ 16 State Champions
- ▶ 1999 Coach of the Year
- ▶ Member, MN & ND Hall of Fame
- ▶ Fifth Place Finish at 2009 DIII National Duals

### Day Camp Schedule (Two Days)

8:30-9:00 a.m. ----- \*Registration

9:00-11:00 a.m.----- Technique –  
From Your Feet

11:00-11:15 a.m. ----- Break

11:15-Noon ----- Technique –  
Throws

Noon-1:00 p.m. ----- -Lunch

1:00-3:00 p.m. -----Technique –  
Down on the Mat

### Evening Camp Schedule (Three Days)

6:00-6:30 p.m. -----\*Registration

6:00-7:00 p.m. ----- -Technique -  
From your Feet

7:00-7:15 p.m. ----- Break

7:15-7:45 p.m. -----Technique –  
Throws

7:45-9:00 p.m. -----Technique –  
Down on the Mat

\*First Day Only

## V.I.P. Cobber Wrestling Camps Registration Form

Name\_\_\_\_\_

Address\_\_\_\_\_

Home Phone\_\_\_\_\_

Emergency Day Phone\_\_\_\_\_

School\_\_\_\_\_

Coach's Name\_\_\_\_\_

Age\_\_\_\_\_ Ht.\_\_\_\_\_ Grade\_\_\_\_\_

Camp Dates Attending\_\_\_\_\_

Insurance Company\_\_\_\_\_

Policy No.\_\_\_\_\_

T-Shirt Size: S M L XL

Make checks payable to: V.I.P. Camps  
Send to: Clay Nagel, 37146 Wosika Dr.,  
Frazee, MN 56544. Questions: Call  
218.847.4528 (home phone)

*I certify that, to the best of my knowledge, my son/daughter is in good physical condition and has no disease or injury that would impair his/her performance in training or competition. I/We hereby consent to the participation of my/our son/daughter \_\_\_\_\_ in the V.I.P. Wrestling Camp. If he/she fails to obey the competition and camp rules, the directors have authority to expel him/her from the camp.*

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_