

# CAMP STAFF



Ty Eustice-Camp Director  
 Head Coach- Iowa Lakes CC  
 2x Div. I All-American  
 University of Iowa  
 4x MN H.S. State Champion  
 Cadet & JR Nat'l FS All-American



Corey VanGroll-Camp Director  
 Assistant Coach- Iowa Lakes CC  
 Div. II All-American  
 Univ. of Wisconsin Parkside  
 3x Wisconsin H.S. State  
 Placemaker



Randy Baker-Clinician  
 Head Coach-  
 Jackson County Central, Minn.  
 2008 MN Class A Team Champions  
 Coached 26 Individual State Titles  
 #2 All-Time



Jack Eustice-Head Counselor  
 Past Head Coach-  
 Blue Earth Area, Minn.  
 2001 MN Class AA Team Champions  
 Coached 16 Individual State Titles

# COUNSELORS



<u>Tim Thurston</u>	<u>James Funk</u>	<u>Josh Marsh</u>	<u>Rowan Stander</u>
2009 NJCAA All-American North Carolina H.S. State Champion	2009 NJCAA Nat'l Qualifier New Jersey H.S. State Placer	2009 NJCAA All-American New York H.S. State Placer	2009 NJCAA Nat'l Qualifier Nebraska H.S. State Placer



2009-2010

## HOME SCHEDULE

\*Nov. 6-8: H.S. Pre-Season Camp

\*Dec. 5: Laker Duals-2pm  
 (Iowa Central, Ridgewater CC, Itasca CC)

\*Jan. 23: Laker Open-10am

\*Feb. 3: NIACC Dual-6pm

Feb. 26-27: NJCAA National Tournament  
 (Des Moines, IA-Vets Auditorium)



2009

# PRE-SEASON WRESTLING CAMP

NOVEMBER

6-8



Training sessions will take place in Iowa Lakes new wrestling facility which is nearly 3 full mats in size.



Resident campers will be housed in

Estherville's SLEEP INN & SUITES, which is air-conditioned and adjacent to the Iowa Lakes campus.



# SCHEDULE

## Friday, November 6th

- 5:00pm- Check-In @ Hotel  
(Resident Campers)
- 6:00- Dinner Resident Campers)
- 6:45- Welcome, Orientation,  
Nutrition & Strength Seminar  
(Meet in Wrestling Room)
- 8:00- Technique Session 1
- 9:30- Return to Hotel, Snack

## Saturday, November 7th

- 7:30am- Run (Resident Campers)
- 8:30- Breakfast @ Hotel (Resident)
- 9:30- Technique Session 2
- 11:15- Lunch
- Noon- Strength Session
- 1:30- Observe Iowa Lakes  
Intersquad Matches
- 2:30- Movie/Recreation Time
- 4:30- Live Wrestling Session
- 6:00- Dinner
- 7:00- Technique Session 3
- 8:00- Game/Activity
- 9:30- Return to Hotel Snack

## Sunday, November 8th

- 8:30- Breakfast @ Hotel (Resident)
- 9:30- Technique Session 4
- 11:00- Camp/Shirts Photos
- 11:30- Lunch & Checkout

# REGISTRATION

**\*\*DUE BY OCTOBER 31ST\*\***

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, ST, ZIP \_\_\_\_\_

SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

PARENT/GUARDIAN \_\_\_\_\_

HEALTH INS. \_\_\_\_\_

GROUP# \_\_\_\_\_ POLICY# \_\_\_\_\_

SHIRT SIZE \_\_\_\_\_

If your son or ward will be under the age of 18 years while at our camp, it is our policy to secure your consent for medical treatment. In case of illness or injury, permission is granted to treat the participant at an appropriate medical facility. By signing below you are giving your consent in advance for medical treatment.

Furthermore, as a participant in the camp/clinic, I hereby state that I am aware of and accept the risk inherent in the program activity. The undersigned does hereby agree to hold harmless and indemnify the State of Iowa, the Board of Trustees of Iowa Lakes Community College, and Iowa Lakes Community College, their officers, agents and employees, from any and all liability, loss, damages, cost, or expenses which are sustained, incurred, or required arising out of the actions of my dependent in the course of the camp/clinic.

Participant Signature(if 18) \_\_\_\_\_

Date \_\_\_\_\_

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

Date \_\_\_\_\_

### PRICE-BOTH INCLUDE MEALS & CAMP SHIRT

RESIDENT: \$145 (HOTEL)

COMMUTER: \$75

MAKE CHECKS PAYABLE TO:

IOWA LAKES COMMUNITY COLLEGE

SEND REGISTRATION + PAYMENT TO:

TY EUSTICE

IOWA LAKES COMMUNITY COLLEGE

300 SOUTH 18TH STREET

ESTHERVILLE, IA 51334