

CAMP APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Email _____

FREE T-Shirt

T-Shirt size: XXL XL L M S XS

Grade _____ Age _____ Wt. _____

I, the undersigned, individually and as a parent/guardian of

(camper) a minor, ask that he/she be admitted to participate in the Wapahani Wrestling Club Camp. I do hereby agree to release, discharge, and hold harmless Wapahani Wrestling Club members, Limestone College representatives, Liberty-Perry School Corp. and their employees of and from all causes, liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the sport camp or in the course of competition and/or activities held in connection with the sport camp.

Parent/Guardian Signature Required

COST OF CAMP: \$100

- ◆ Parents and Coaches attend FREE
- ◆ Videotaping is permissible.
- ◆ Lunch and snack included.

DEPOSIT: A non-refundable \$50.00 deposit (money order/check) must accompany your application. The balance is due upon camp registration unless paid in full with application. **NOTE:** Cash and/or money order (payable to Wapahani Wrestling Club) will be accepted for the balance on the day of registration.

SESSIONS:

Friday

Registration: 5 p.m. – 6 p.m.
Session 1: 6 p.m. – 8 p.m.

Saturday

Session 2: 9 a.m. – 11 a.m.
Lunch: 11:00 a.m. – 11:30 a.m.
Rest/Video: 11:30 a.m. – 12:30 p.m.
Session 3: 12:30 p.m. – 2:30 p.m.
Snack Break: 2:30 p.m. – 3 p.m.
Rest/Video: 3 p.m. – 4 p.m.
Session 4: 4 p.m. – 6 p.m.

Sunday

Session 5: 9 a.m. – 11 a.m.
Lunch: 11:00 a.m. – 11:30 a.m.
Photos/Autographs: 11:30 a.m. – 12:30 p.m.
Session 6: 12:30 p.m. – 2:30 p.m.

Note: On-site medical provided by Liberty Township Volunteer Fire Department

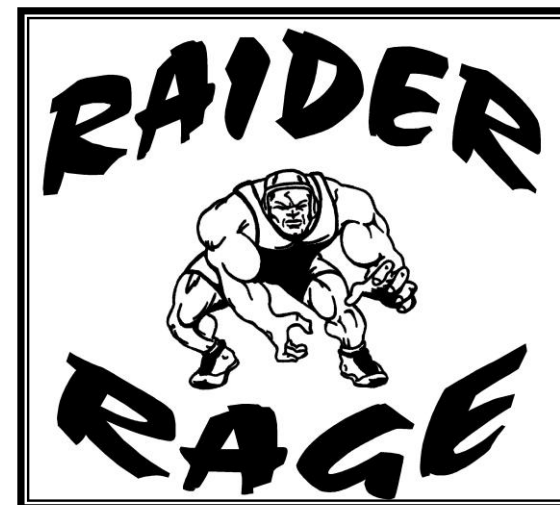
Send application form to:

Wapahani Wrestling Club
2105 E. Grace Ct.
Muncie, IN 47302

Wapahani Wrestling Club 3rd Annual Day Camp

**July 17 – 19, 2009
(Selma Middle School)
10501 E CR 167 S., Selma, IN**

**A camp for all ages
combining
technique
instruction with
intensive training**



WAPAHANI WRESTLING CLUB
*"Building A Powerhouse Wrestling Program
While Producing Scholar Athletes"*

CAMP PHILOSOPHY

Wapahani Wrestling Club adheres to the Limestone College philosophy of striving for excellence on and off the mat. Wrestlers will receive individualized technique and tactical instruction, conditioning and core strength training as well as nutrition and weight management lectures.

ELIGIBILITY:

Wrestlers grades K – 12 are eligible to participate.

TECHNIQUE INSTRUCTION

designed to accommodate the beginning and elementary school wrestler as well as the experienced middle and high school wrestler. The focus is to teach new techniques while improving existing techniques adding to your overall knowledge.

INTENSIVE TRAINING

designed to give wrestlers the experience of the intensive training involved in higher levels of elementary, middle, and high school wrestling. Wrestlers will also be exposed to the high intensive training involved at the collegiate level of wrestling. This training is designed for wrestlers who want to train at a high level getting the edge on the competition.

CAMP DIRECTOR

For more information please contact:
Wapahani Coach Ralph Smith
(765) 286-0630, or by e-mail:
rsmith@vinu.edu

FEATURED CLINICIAN



TRENT GOODALE

was named head coach of the Saints wrestling program in August of 2008. He served as an assistant coach for Limestone since 2006.

Goodale, a native

of Osage, Iowa, attended the University of Iowa where he earned a bachelor of arts in communication studies. He was a four-year letter winner for the Hawkeyes and was a 2004 NCAA Division I national qualifier. He was also a two-time Fila Junior All-American in freestyle.

His coaching experience includes volunteering as assistant coach during college with the Iowa West High School and working several University of Iowa Athletic Camps. During his high school career at Osage High School, he was a three-time state champion and a four-time conference champion.

GUEST CLINICIAN

OLYMPIAN SARA MCMANN



2008: Second in U.S. Olympic Team Trials...
Second in U.S. Nationals.
2004: Olympic Silver Medalist,
2005, 2007
World bronze medalist, 2003

World silver medalist, Two-time Pan American Games champion (2003, 2007), Seven-time U.S. World Team member (2000-03, 2005-07), Six-time U.S. Nationals champion (2000-03, 2006-07), 1999 & 2003 Sunkist Kids International Open Outstanding Wrestler, 2003 Klippan Ladies Open Outstanding Wrestler, 2001 Dave Schultz Memorial International Outstanding Wrestler, Fifth in 2000 Junior World Championships, Competed in the varsity men's team at Lock Haven Univ.



CASEY BRADLEY

2008-09: Varsity starter at 165 lbs.
2007-08: Had a 26-15 record Davidson Open runner-up... finished third at The Citadel Open... champion at the Ohio Northern Tournament.

As a senior at Muncie Southside High School he was named "Most Dedicated Wrestler", team MVP, 2006 Athlete of the Year" by the Star Press and wrestled his way to a 37-2 record with a fifth place finish in the Indiana State Tournament. Casey is a Physical Education - Teacher Certification (K-12) major with a minor in Coaching.

Local area High School, Middle School and Club Coaches will also assist Coach Goodale.