

## Team Camp Schedule

### **Sunday June 26, 2016**

1pm-4pm	Check in (Timken Center)
5pm-6pm	Dinner
7pm-8:30pm	Technique session
9pm	Commuter Pick up
Until 10:30pm	Free Time
10:45pm	Lights Out

### **Monday June 27, 2016**

7am-8am	Breakfast
8:30am	Commuter drop off
9-10:30am	Technique session
11-12:30pm	Lunch
2pm-4pm	Technique session
5pm-6pm	Dinner
7pm-8:30pm	Live session
9pm	Commuter pick up
Until 10:30pm	Free Time
10:45pm	Lights out

### **Tuesday June 28, 2016**

7am-8am	Breakfast
8:30am	Commuter drop off
9-10:30am	Technique session
11-12:30pm	Lunch
2pm-4pm	Live session
5pm-6pm	Dinner
7pm-8:30pm	Live session
9pm	Commuter pick up
Until 10:30pm	Free Time/ Team Activity
10:45pm	Lights out

### **Wednesday July 29, 2016**

7am-8am	Breakfast
8:30am	Commuter drop off
9-11am	Live session
By 12:30pm	Clean up and check out



Phone: 864-761-6642

Email: Therockwrestlingcamp@gmail.com

Limestone College Wrestling

1115 College Drive

Gaffney SC 29340

## **WAIVER STATEMENTS**

All participants in The Rock 2016 Team Wrestling Camp, must have their own medical coverage. The camp provides additional coverage only after the camper's insurance policy has been utilized. Campers will not be allowed to participate in camp activities unless the following information is submitted and is signed by the parent and/or guardian of the camper.

**Camper's Insurance Company:** \_\_\_\_\_

**Company Address/Phone:** \_\_\_\_\_

**Policy Number/ID:** \_\_\_\_\_

I/We, the undersigned, hereby certify that I am/we are the parent(s) or legal guardian(s) of the camper. I hereby grant permission to The Rock 2016 Team Wrestling Camp staffers to seek and allow appropriate medical attention to be administered to my camper in the event of an injury, accident or illness. I am responsible for all expenses pertaining to medical attention and treatment, except for expenses covered by The Rock 2016 Team Wrestling Camp's additional medical coverage policy.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

This certifies that the camper named above is physically qualified to attend The Rock 2015 Team Wrestling Camp

# **The Rock Team Wrestling Camp Featuring TJ Williams**



3 year starter at the University of Iowa  
Highest winning percentage in Iowa history  
2x NCAA D1 National Champion  
3x NCAA D1 All American  
3x Big 10 Champion  
4x Illinois High School State Champion

**June 26, 2016 - June 29, 2016**

**Limestone College, SC**

## STAFF

### Kelly Revells

Coach Revells is in his 2nd year as Limestone College Head Wrestling Coach.  
Coached 31 All-Americans, 12 Academic All-Americans,  
NJCAA National Champion  
2x NCAA D1 National Qualifier

### Karl Reed

Coach Reed is in his 2nd year as assistant coach at Limestone College  
Coached 5 DII National qualifiers, 3 DII All Americans, 8 NJCAA National Qualifiers and 3 NJCAA All Americans.  
2yr Starter at Newberry College  
2011 Super Region 1 Finalist  
2011 DII National Qualifier

### Richard Manning

Richard Manning is in his first year as an assistant coach at Limestone College.  
While coaching High School in New York; Coached 11 state champions & 34 state placers  
While coaching in South Carolina;  
Coached 21 State qualifiers, 7 state placers, and won a state team dual title.  
Also coached 24 Fargo All Americans, 2 Fargo National Champions, 9 NHSCA All Americans, and 2 Champs.

## Camp Philosophy

Someone once said "Without struggle there is no progress."

Here at The Rock Wrestling Camp our philosophy is simple, we want all campers to come in with a open POSITIVE mindset and look forward to getting better everyday.



## Camp Rates: Circle One

		<u>Overnight</u>	<u>Commuter</u>
Individual Rate:		\$275	\$225
	<u># of Wrestlers</u>		
Team Rate:	10	\$2500	\$2000
	15	\$3750	\$3000
	20	\$5000	\$4000
	25	\$6250	\$5000
	30	\$7500	\$6000

- \*\$100 deposit for Individuals and \$500 for teams due by June 1, 2015 to hold your spot.\*
- \*Make Checks payable to "The Rock Wrestling Club"\*
- \*3% will be added if using Debit or Credit card.\*
- \*If coming with a team, we ask for the coach to put all athletes brochures in one envelope and pay with one check. Coach should call for deals if a team has wrestlers in between the set number of wrestlers.\*
- If a team brings 10 wrestlers, 1 coach can come for free. If a team brings 15 or more, 2 coaches can stay for free.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_

Emergency Phone Number: \_\_\_\_\_

Current School: \_\_\_\_\_

Grade: Age: \_\_\_\_\_ Weight: \_\_\_\_\_

Roommate Preference (if any): \_\_\_\_\_