

## 2016 NEBRASKA INDIVIDUAL

### WRESTLING CAMP

## AGES 6-18 (K-12)

### Two Day Individual Technique Camp

#### Goals:

1. Participant(s) will learn the basic fundamentals of wrestling (set-ups, tie-ups, head clears, take-downs and counters, escapes/reversals, breakdowns and counters, pinning combinations, cross body ride and counters, advanced moves, Coach Manning's favorite moves, Coach Manning's question and answer (moves, counters, situations), mat awareness, training (off-season), nutrition, weight management, and drilling strategies.
2. Participant(s) will learn how to apply wrestling principles in order to be successful in life by Coach Manning.

#### Opportunities Provided:

1. Two days of quality instruction by the country's best.
2. Learn new techniques in order to be successful (state and national level).
3. Mat experience. (King Of The Mat and Situations)
4. Make new friends who share the same goal.
5. Camp t-shirt.

## Instructor

## Mark Manning



## Instructor:

### Mark Manning

- ★ 15 years as Nebraska Head Coach
- ★ Coached 39 All-Americans
- ★ Has had 5 top 8 finishes
- ★ 201-74-3 record at Nebraska
- ★ Big 12 Coach of the Year in 2008 and 2009
- ★ Big 12 Co-Champs in 2009
- ★ FILA Freestyle Coach of the Year in 2011
- ★ Coached Jordan Burroughs, 2012 Olympic Champ and World Champ in 2013 and 2015
- ★ Team held the nation's best grade point average (3.26) in 2012
- ★ *Philosophy focuses on developing wrestlers to reach their full potential. He teaches wrestlers the principles of work ethic, positive attitude, goal setting, and responsibility in order to develop into upstanding citizens in life.*

#### Directions to

Dorman High School  
1050 Cavalier Way  
Roebuck, SC 29376

Main Number: (864) 582-4347

Coach Chad Singleton: (864) 529-2783

#### From Charlotte, NC:

1. I-85 S
2. I-26 E toward Columbia
3. Take Exit 28
4. Turn left at bottom of ramp
5. Turn left onto Cavalier Way

#### From Columbia, SC:

1. I-26 W toward Spartanburg
2. US-221 N, Exit 28
3. Merge onto US-221 N toward Spartanburg
4. Turn left onto Cavalier Way

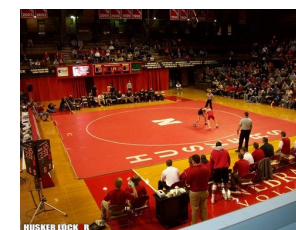
#### From Georgia:

1. I-85 N toward Spartanburg
2. Merge onto SC-290 E via Exit 63 toward Moore/Spartanburg
3. Turn left onto US-221 N
4. Turn left onto Cavalier Way

#### From Tennessee:

1. I-26 E
2. Take Exit 28 toward Moore/Woodruff
3. Turn left onto US-221 N
4. Turn left onto Cavalier Way

# Nebraska



# M A R K M A N N I N G

## Eligibility:

Ages 6-18 (K-12)

**Dates:** Thursday & Friday (June 23 & 24, 2016)

**Time:** 9 am-2 pm

**Location:** Dorman High School  
Roebuck, SC  
(Near Spartanburg/Greenville, SC)

## Format:

### 1st session — Neutral (9 am-10 am)

Set-ups, Tie-ups, Head clears, Take downs (double, single, fireman's, front head lock) and counters, Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

### 2nd session — Top (10 am—11 am)

Break downs (chop, ankle, spiral) and counters, Pinning combinations (bars, tilts, halves, cradles), Cross body ride and counters, Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

### 3rd session — Bottom (11 am—12 pm)

Escapes/Reversals (stand up, switch, shift, granby), Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

### 4th session-Ask Coach Manning (12 pm—2 pm)

Questions and answers  
(moves and counters)

Coach Manning's favorite moves  
Advanced moves

AND Live Wrestling (King of The Mat)

\*Situations\*

## Individual Registration:

1. Completed individual application with t-shirt size.
2. Individual guardian signed medical waiver.
3. Individual \$80.00 check (non-refundable) made out to **Mark Manning**.
4. Mail in registration information to:

**Jerry Honeycutt**

**7296 Cascading Pines Drive**

**Tega Cay, SC 29708**

5. Call regarding questions-

**Jerry Honeycutt @ (704) 661-3753**

## Deadline:

### FIRST 100 REGISTERED

## Participants should do the following:

1. Prompt (8:30 am sharp-dressed and ready to wrestle).
2. Prepared-comfortable clothing (t-shirt, shorts, wrestling shoes. . . Optional-singlet and headgear).
3. Attitude-positive.
4. Effort-100% hustle.
5. Teamwork/Sportsmanship/Cooperation-be a great drill partner.
6. Have ride ready by 2:00 pm.

## 2016 NEBRASKA WRESTLING CAMP

### REGISTRATION APPLICATION

(Please fill out, detach, and mail along with an  
\$80.00 check made out to **Mark Manning**)

#### Participant Information

First

Last

Name

(Print): \_\_\_\_\_

Current Medication(s) and/or Special Instructions:

Number of Year(s) Attending Nebraska Wrestling Camp \_\_\_\_\_

T-Shirt Size

Current School Attending and Head Coach's Name

Age

Current Grade

Height

Weight

Year(s) Experience

Address (Print):

Street

City

State

Zip

Phone Numbers:

Home Phone #

Cell Phone #

( ) \_\_\_\_\_ ( ) \_\_\_\_\_

#### Parent/Guardian Information

First

Last

Name (Print): \_\_\_\_\_

Employment (Print):

Name

Street

City

State

Zip

Phone Numbers:

Work Phone #

E-Mail Address

( ) \_\_\_\_\_

#### Medical Release Waiver

The Nebraska Wrestling Camp (facilities/instructors) and/or Dorman High School **will not be held responsible/liable** for any injuries or lost items.

Participant Signature: \_\_\_\_\_

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

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

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