

## FEATURED STAFF



### ROB HJERLING HEAD COACH

- \*2004 SoCon Coach of the Year
- \*CAA Champion
- \*NCAA Qualifier
- \*CAA Tourn. Outstanding Wrestler
- \*Coached 17 NCAA Qualifiers at The Citadel



### JEFF RAGAN ASSOCIATE HEAD COACH

- \*NCAA All-American at Oklahoma State
- \*Big XII Champion
- \*NCAA Qualifier
- \*Espior FS National Champion
- \*Junior World Team Member



### EVAN SOLA ASSISTANT COACH

- \*2-time NCAA All-American
- \*3-time ACC Champion
- \*2-time ACC Wrestler of the Year
- \*ACC Championships Most Outstanding Wrestler



### PLAMEN PASKALEV ASSISTANT COACH

- \*NCAA National Champion
- \*3 x NCAA All-American
- \*2 x Olympian (4th place 1996)
- \*7 x World Team Placer
- \*7 x World Team Member
- \*12 x Bulgarian National Champion

## SPECIAL GUESTS

### ROB HERMANN

- \*1996 & 2000 U.S. Olympic Team Coach
- \*U.S. Navy team coach
- \*World Team member 1983-84
- \*World Team coach
- \*National Hall of Fame member

### WADE SCHALLES

- \*2-time NCAA National Champion
- \*Notched a collegiate career record of 153-5-1 with 106 pins
- \*National Hall of Fame member
- \*Selected in 2005 as one of the top 15 wrestlers of all time

**PLUS MANY MORE TOP CLINICIANS TBD**  
Counselors will include current members of The Citadel Wrestling Team.

## CAMP DESCRIPTION

**TECHNIQUE CAMP** explores all aspects of wrestling. We cover stance, set-ups, takedowns, throws, trips, defense and counter-offense. We stress high percentage scoring techniques that will improve every wrestler's arsenal. All aspects of top wrestling will be covered including breakdowns, tilts, turns, legs and pinning. If you want to learn how to dominate your opponent from every position, then this camp is for you. This camp is open to wrestlers of all ages and experience levels. All campers can benefit from the fundamentally sound techniques used at the Division I college level.

**TEAM CAMPS** are designed for high school and junior high wrestlers who want to gain match experience in a live setting. Teams will receive instruction and will wrestle in a live wrestling competition against other teams. Wrestlers will receive technical instruction and technique tailored to the areas which need improvement. A team champion will be crowned. Individuals who wish to attend are welcome and will be placed on a team. In past years our team camps have had teams from all over the Southeast (FL, GA, LA, NC, SC, VA & TN) and from as far away as Indiana and Missouri and have included multiple state championship teams. We expect this year's team camps to have teams from all over the country and to be more competitive than ever, so sign your team up now while spots are still available.

**FATHER & SON CAMP** allows both father and son to learn from Division I coaches and wrestlers. It offers fathers and sons a unique chance to bond through a shared experience. All ages are welcome and fathers are free to participate in a capacity they feel comfortable with. It should prove to be an exciting chance for father and son to grow together as wrestlers.

**INTENSIVE CAMP** is designed for serious wrestlers ages 13 and older. Campers will receive all the instruction of the Technique and Team camps. They will also wrestle in tournaments and compete in duals during the team camps. However, intensive campers will attend extra drilling, conditioning, running, strength and live wrestling workouts. We will focus on mental as well as physical conditioning to compete at a high level. This camp is designed to be highly competitive and beneficial for the wrestler who has the desire to achieve their ultimate goals. Space is limited in this camp, so sign up early as it will fill up fast.

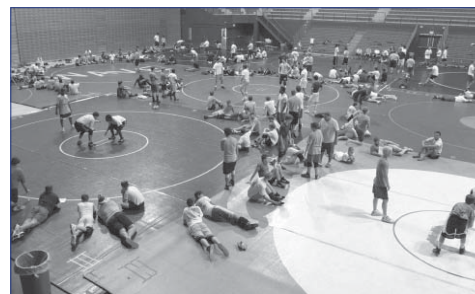
**FARGO CAMP** is a training camp run by some of the world's finest Freestyle and Greco coaches for Juniors and Cadets training for the National Freestyle Championships in Fargo, ND.

While at the Bulldog Wrestling Camp, you will get to use some of the best facilities in the nation, including The Citadel Wrestling Team's Mat Room, Olympic-sized swimming pool & McAlister Field House (The Citadel's wrestling arena). The host hotel for all of our camps will be the Holiday Inn Riverview. A \$10 key deposit will be required at check-in and will be returned at check-out.

## PURPOSE

The Coaching staff at The Citadel has dedicated themselves to turning The Citadel Wrestling Team into a nationally recognized program and one of the best programs in the Southeast. Using the same skills and hard work that helped The Citadel Wrestling Team become the 2004 SoCon Champions, and produce their first NCAA All-American in 2006 the coaching staff has designed a series of camps for wrestlers of all experience levels and all ages.

At all of our camps our goal is to provide a world-class camp at an affordable cost. Each camper will get the opportunity to work with clinicians and counselors who are current/former college wrestlers that have proven themselves on a national or international level. In addition to providing the highest level of wrestling technique from some of the finest wrestlers in the country we keep a 10:1 camper to counselor ration so everyone gets the most individual attention possible.



## CAMP SCHEDULE (GENERIC)

	Check-in @ Holiday Inn 1 p.m. - 2:30 p.m.
	Check-out @ Holiday Inn 11 a.m. - 12 p.m. (noon)
	Check-in & Check-out for all camps @ Holiday Inn Riverview
Commuter Drop-Off (Intensive only)	6:45 a.m.
Run (Intensive Camp only)	7 a.m.
Continental Breakfast	7:30 a.m.
Commuter Drop-off/Shuttle	8:45 a.m.
Technique Session	9:15 a.m.
Lunch	11:45 a.m.
Activity/Pool	1 p.m.
Technique Session/Wrestling	2 p.m.
Dinner	4:45 p.m.
Technique Session/Wrestling	6 p.m.
Commuter Pick-up/Shuttle	7:30 p.m.
Weight Training (Intensive Camp only)	7:30 p.m.
Wrestling Videos/Movie	8 p.m.
In Room	10 p.m.
Lights Out	10:30 p.m.

\*Schedule varies slightly per camp. See website for more specific schedules to each camp.

## CIRCLE CAMP(S) PLANNING TO ATTEND

Father & Son Camp July 5 - 8, 2010	Team Camp I or II July 8 - 11, 2010/July 11 - 14, 2010
Technique Camp July 5 - 8, 2010	Intensive Camp July 5 - 15, 2010
Combo I Camp July 5 - 11, 2010	Combo II Camp July 8 - 14, 2010
Fargo Camp July 11 - 15, 2010	Junior High Camp July 8 - 11, 2010

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Parent's Name(s) \_\_\_\_\_

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

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

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

Phone \_\_\_\_\_

Resident \_\_\_\_\_ Commuter \_\_\_\_\_

High School/Team \_\_\_\_\_

	Adult T-Shirt Size (circle one)				
YM	S	M	L	XL	XXL

A \$150 non-refundable deposit must accompany each application (\$250 for Intensive camp). **Make checks payable to: Bulldog Wrestling Inc.** Credit card payments are also accepted (see form below). Your application will be acknowledged with a return correspondence notifying you what to bring, time of arrival and dismissal.

Please send application and \$150 (or \$250) deposit to:  
The Citadel C/O Wrestling Office  
171 Moultrie Street  
Charleston, SC 29409-0560  
or apply online at [www.bulldogwrestle.com](http://www.bulldogwrestle.com)

Check method of payment:

Check (Made payable to Bulldog Wrestling Inc.)

Credit Card:  Visa  MC  Discover

CC# \_\_\_\_\_

Signature \_\_\_\_\_

Card Expiration \_\_\_\_/\_\_\_\_/\_\_\_\_ Amount: \_\_\_\_\_

**PARENTAL PERMIT FOR  
MEDICAL TREATMENT**

The law requires that parental permission be obtained for operative procedures on minors. The following consent form should be signed by the parent so that such procedures may be promptly carried out, and so that no unnecessary delay will occur with operative procedures. However, no operation will be performed, except in case of emergency, without parents being contacted and fully informed. I give permission for such diagnostic, therapeutic and operative procedures as may be deemed necessary for my child.

Camper Name (Print) \_\_\_\_\_

Date \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_

Family Insurance Co. \_\_\_\_\_

Group # \_\_\_\_\_

ID # \_\_\_\_\_

Subscriber Name \_\_\_\_\_

Is there any previous injury(s), serious allergies, or current medications your child is taking that our athletic training staff need to be aware of?

Has your child passed a routine physical in the last year?  
 Yes  No

I authorize said child's full participation in the Bulldog Wrestling Camp, including related camp activities. It is my understanding that participation in the activities that make up the Bulldog Wrestling Camp is not without some inherent risk of injury. As such, in consideration of my child's participation in the Bulldog Wrestling Camp, I covenant not to sue the camp program, The Citadel, The State of South Carolina, their officers, servants, agents, or employees and release, waive and discharge said parties from any and all liability, claims, demands, action and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by my child, whether caused by negligence of the releases, or otherwise while participating in such activity, or while in, or upon the premises where the activity is being conducted.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Camper Signature \_\_\_\_\_ Date \_\_\_\_\_

**FATHER & SON CAMP**  
 Resident - \$495\*<sup>A</sup>  
 Commuter - \$350\*  
 July 5 - 8, 2010  
 (price includes father & son)

**TECHNIQUE CAMP**  
 Resident - \$330\*<sup>A</sup>  
 Commuter - \$230\*  
 July 5 - 8, 2010

**TECHNIQUE AND  
TEAM CAMP COMBO I**  
 Resident - \$560\*<sup>A</sup>  
 Commuter - \$390\*  
 July 5 - 11, 2010

**TEAM I & II COMBO CAMP II**  
 Resident - \$560\*<sup>A</sup>  
 Commuter - \$390\*  
 July 8 - 14, 2010

**INTENSIVE CAMP**  
 Resident - \$875\*<sup>A</sup>  
 Commuter - \$595\*  
 July 5 - 15, 2010

**TEAM I (HIGH SCHOOL) &  
JR. HIGH TEAM CAMP**  
 Resident - \$330\*<sup>A</sup>  
 Commuter - \$230\*  
 July 8 - 11, 2010

**TEAM CAMP II (HIGH SCHOOL)**  
 Resident - \$330\*<sup>A</sup>  
 Commuter - \$230\*  
 July 11 - 14, 2010

**FARGO PREP CAMP**  
 Resident - \$400\*<sup>A</sup>  
 Commuter - \$300\*  
 July 11 - 15, 2010

\* Must pre-register by June 18, 2010 or add \$25  
 ^ \$10 key deposit is required at check-in  
 \*\*\*Attention Coaches\*\*\*  
 Coach is free with 10 or more wrestlers (extra coaches 1/2 price)  
 Team discounts are available for 15 or more  
 & includes a complimentary golf package  
 Call 843-953-5315 for more details

Host Hotel:  
**Holiday Inn**  
 Charleston Riverview  
 1-800-766-4451

ORDER OFFICIAL CITADEL  
 DVDS AND INSTRUCTORS  
 SECTION OF OUR MERCH STORE  
 WWW.BULLDOGWRESTLE.COM

Bulldog Wrestling Camps  
 The Citadel Wrestling Office  
 171 Moultrie Street  
 Charleston, SC 29409



www.bulldogwrestle.com

**BULLDOG WRESTLING CAMPS  
AT THE CITADEL**

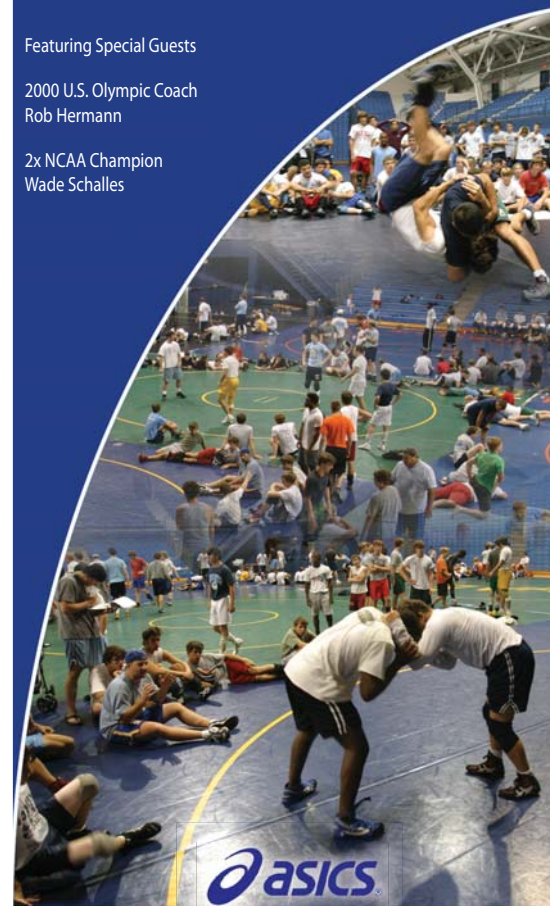


Choose From Nine Great Camps  
 Air-conditioned rooms and facilities  
 Just minutes from the beach

Featuring Special Guests

2000 U.S. Olympic Coach  
 Rob Hermann

2x NCAA Champion  
 Wade Schalles



REGISTER ONLINE AT [WWW.BULLDOGWRESTLE.COM](http://WWW.BULLDOGWRESTLE.COM)