

2015 NC-SC WRESTLING CAMP

MIDDLE AND HIGH SCHOOL (Rising 7th-12th)

Three-Day Combo Camp

Individual Technique and Team Dual Matches

(Participants can come as an **INDIVIDUAL** or as a **TEAM**)

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, TJ Jaworsky's favorite moves, TJ Jaworsky question and answer (moves, counters, situations), mat awareness, training (off-season), nutrition, weight management, and drilling strategies.
2. Team(s) will wrestle dual matches.
3. Participant(s) will learn how to apply wrestling principles in order to be successful in life by Coach Bill Lam.

Opportunities Provided:

1. Three days of quality instruction by the country's best.
2. Learn new techniques in order to be successful (state and national level). 9 hours of technique.
3. Mat experience (wrestle 3 dual matches per day).
4. Make new friends who share the same goal.
5. Camp t-shirt (last day).
6. Pizza and drink (last day).
7. Overall Team Champion will be awarded NC-SC Team Wrestling Camp Champion t-shirts (last day).
8. King of the Mat and All-Star Match (last day).

Instructors

Bill Lam



Jim Barnes



T. J. Jaworsky



Jerry Honeycutt



Instructors:

Bill Lam

Head coach at UNC for 30 years. His record includes 378 wins, 5 NCAA champs, 37 All-Americans, 15 ACC titles, 93 ACC champs, and 9 ACC Coach Of The Year honors. He led UNC to 30 NCAA tournament appearances and finished in the top 20 on 14 occasions. He was named Wrestling's Man Of The Year and NCAA Coach Of The Year. He is a member and national representative of the National Wrestling Hall Of Fame. He was a Three-Time All-American at the University of Oklahoma. He is a great clinician and motivational speaker.

T.J. Jaworsky

He was a Four-Time undefeated Oklahoma high school state champion. He was a Three-Time NCAA Champion at UNC. He was named Most Outstanding Wrestler at the NCAA tournament. He was one of the greatest college wrestlers of all time. He is a great clinician.

Jim Barnes

He was a S.C. high school head coach for 31 years and led his teams to 17 state titles and 8 runner-up finishes. He coached 85 individual state champions. His record includes 415 wins and over 25 Coach Of The Year awards (state, regional, national). He is a member of the National Wrestling Hall Of Fame. He is a great clinician and motivator.

Jerry Honeycutt

He was a former assistant coach at Spring Valley (4 years) and Rock Hill (7 years-1 state title and 2 runner-ups). He was a former head coach at East Meck. He is a great motivator.

Directions to Nation Ford High School

1400 A.O. Jones Blvd.

Fort Mill, SC 29715

(803) 835-0000

From Charlotte, NC:

1. I-77 South (towards Columbia)
2. Exit #88 (Gold Hill Road)
3. Left at top of exit ramp
4. Proceed approximately 5 miles
5. Left onto A.O. Jones Blvd.
6. School is on the left

From Columbia, SC:

1. I-77 North (towards Charlotte)
2. Exit #88 (Gold Hill Road)
3. Right at top of exit ramp
4. Proceed approximately 5 miles
5. Left onto A.O. Jones Blvd.
6. School is on the left

2015 NC-SC
WRESTLING CAMP



Eligibility:

1. Rising 7th-12th graders.
2. Individual or Team (Form Teams from NC and Teams from SC)

Dates: Monday, June 22-Wednesday, June 24, 2015

Time: 9am-2pm (DAILY)

Location: Nation Ford High School
Fort Mill, SC

Format:

Each day:

1st session — Individual Technique (9 am—11 am)

2nd session — Individual Technique (11 am—12 pm)
And Situations

3rd session — 3 Duals (12 pm—2 pm)
(4 matches at the same time)

*Teams will be put into a Round Robin Tourney.

- ★ Teams will wrestle all other teams.
- ★ King of the Mat and All-Star Match on the last day.
- ★ All wrestlers will be weighed in (1 time) on the 1st day of camp (Monday, June 22) at 8:30 am sharp at Nation Ford High School.
- ★ Coaches of each team will pair wrestlers up into weight classes (as close as possible) prior to each match.
- ★ National Federation High School rules and scoring will apply to the Team Dual Matches.
- ★ Coaches of each team are responsible for keeping their individual match scores and overall team scores (bring a scorebook, pencils, and a stop watch).

Coaches-please bring a scale and first aid kit

Individual OR Team Registration:

(The individual or Coach of each team is required to send the application(s), medical waiver(s), and money. Teams will be formed (NC-SC) upon arrival to camp on the first day.

1. Completed individual applications with t-shirt size(s).
2. Individual guardian signed medical waiver(s).
3. Individual \$100.00 checks (non-refundable) made out to NC-SC Wrestling Club
4. Each Individual OR Team's Coach should mail all Registration Information at the same time to:

Jerry Honeycutt

7296 Cascading Pines Drive

Tega Cay, SC 29708

5. Call regarding questions-

Jerry Honeycutt @ (704) 661-3753

Deadline:

First 100 wrestlers from NC and first 100 wrestlers from SC to register.

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-singlets and headgear).
3. Attitude-positive.
4. Effort-100% hustle.
5. Teamwork/Sportsmanship/Cooperation-be a great drill partner.
6. Have ride ready by 2pm.

Special Thanks To The Following Sponsors:

1. Palisades Country Club
2. A+ Embroidery of Fort Mill
3. Starbuck's (Baxter Village)
4. Hilton Garden Inn of Rock Hill
5. Tega Cay Country Club
6. Coca Cola of Rock Hill
7. All Pro Plumbing

2015 NC-SC WRESTLING CAMP REGISTRATION APPLICATION

(Please fill out, detach, and mail along with an \$100.00 check)

Participant Information

First

Last

Name

(Print): _____

Current Medication(s) and/or Special Instructions:

Number of Year(s) Attending NC-SC Wrestling Camp _____

T-Shirt Size

Current School Attending and Head Coach's Name

Age

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 NC-SC Wrestling Camp (facilities/instructors) and/or Nation Ford High School **will not be held responsible/liable** for any injuries or lost items.

Participant Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____