



WRESTLING SUMMER CAMPS

TRAIN WITH THE BEST



OHIO STATE TRAINING CAMP | June 22 - 26

(Grades 7 - 12)

The Ohio State Training Camp is designed for middle school and high school students who want to train like champions. Hard drilling, technique sessions and live wrestling make up this training camp. Instead of wrestling one match in a dual meet in an hour, all wrestlers will drill intensely before proceeding to live wrestling. During this process, wrestlers will change partners, therefore experiencing the most live wrestling our camps have ever offered. We encourage coaches to bring their high school and middle school teams to this camp.

YOUTH COMMUTER DAY CAMP | June 23 - 25 or June 30 - JULY 2

(Grades 1-6)

A camp designed for those who live close enough to commute, this camp will be held in the Ohio State Varsity Wrestling Room. The Youth Day Camp will be divided into two sessions with a lunch break in between. Wrestlers will check in at the facility at 9 a.m. with a packed lunch. Parents will pick up their sons at 2 p.m. each day and are welcomed to watch any of the sessions. This particular camp is great for children as games are implemented into the training session. Additionally, they are taught the necessary skills to succeed at this level.

LEG ATTACK TAKEDOWN CAMP | July 6 - 10

(Grade 7 - 2014 HS Grads)

With the goal of mastering takedowns, the Takedown Camp will focus on the techniques and drills necessary when in the neutral position. Intensive drilling and repetition combined with takedown tournaments and live situations will enable each camper to improve their skills. Become a Takedown Master like Ohio's elite wrestlers!

HEAVYWEIGHT CAMP | July 6 - 10

(Grade 7 - 2014 HS Grads)

The Heavyweight Camp is designed to meet the needs of athletes who are above 180 pounds. The technical skills covered in this camp are conducive to making an upper weight wrestler successful. Every effort is made to pair campers with a live wrestling / sparring partner who is similar in size, experience and ability. We look forward to implementing the skills, drills, and mental toughness that is necessary for all upper weight wrestlers to win at the highest level. The Buckeyes have some of the elite upper weights in the nation.

LOU ROSSELLI INTENSIVE CAMP | July 6 - 10 or July 13 - 17

(Grade 7 - 2014 HS Grads)

Lou Rosselli (United States Freestyle World Team Coach) will work with each camper, teaching them the training methods necessary to become a champion at the highest level. Each camper will have an opportunity for one-on-one instruction with a member of our coaching staff as well as members of the Ohio State wrestling team. This intensive camp system has attracted and helped produce state champions across the nation. If you are ready to make a commitment to your wrestling and want to learn what it takes to win at any level, you need to register for this camp. ***This camp is intended for the serious, advanced wrestler. In addition to a great deal of sparring and live wrestling, campers will experience a demanding physical conditioning program.***

LOU ROSSELLI 2-WEEK INTENSIVE CAMP | July 6 - 17

(Grade 7 - 2014 HS Grads)

Many times athletes attend a camp, learn great technique and training skills, but fail to implement these skills when they return home. For those wrestlers who truly want to embed these skills for success into their brain, Lou Rosselli now offers 12 days of his intensive camp. Wrestlers will have more time working with world class coaches and wrestlers to hone their skills and techniques and initiate a training program they can continue to apply when they return home. ***This camp is intended for the serious, advanced wrestler. In addition to a great deal of sparring and live wrestling, campers will experience a demanding physical conditioning program.***

FATHER/SON ELEMENTARY CAMP | July 11 - 13

(Grades K-6)

This camp is designed for the novice wrestlers who want to experience all that The Ohio State University has to offer. We will cover the basic skills needed for any beginner to improve his wrestling abilities by learning takedowns, escapes and pinning combinations. This camp is designed for campers in grades K-6; each camper is permitted to bring one adult to camp. Wrestlers will be divided into two groups, novice and intermediate, and a separate coach will instruct each group. Fathers will be encouraged to participate with learning and teaching technique on the mat and if the camper is staying overnight, stay with them in the dorms. One adult is also welcome to bring more than one camper.

TURN AND PIN MAT WRESTLING CAMP | July 13 - 17

(Grade 7 - 2014 HS Grads)

The Turn and Pin Mat Wrestling Camp will focus on mat wrestling, riding and escapes. Although instruction on neutral positions and takedown offense and defense will be provided, the main purpose of the camp will be on the different mat wrestling styles and techniques.

TECHNIQUE CAMP | July 13 - 17

(Grade 7 - 2014 HS Grads)

The Technique Camp is designed for wrestlers with various abilities. Campers will have the opportunity to learn wrestling skills in all three positions – feet, top and bottom. Each skill will be taught incrementally so that every wrestler will be able to grasp each skill.

Camps are open to any and all athletes meeting the grade requirements listed for each camp.

ENROLLMENT & DISCOUNTS

Each camp is open to any and all athletes meeting the grade requirements (as of Fall 2014) listed for each camp. Full payment is required at the time of online registration. You may register online by visiting OhioStateBuckeyes.com/camps. A 2.5% processing fee will be added to all online registrations. If registering by mail, please make your check payable to The Ohio State University. Groups of 10 or more may receive a discount of \$15 off of each camper's registration fee. If registering with a group, all registrations must be submitted together, along with payment, by mail. This discount is not available through online registration. For information on pro-rated registration rates, please contact the camp office at (614) 247-2267.

PARENT CONSENT & WAIVER FORM

The Parent Consent & Waiver Form is **REQUIRED** for all participants. Please visit OhioStateBuckeyes.com/camps to obtain this form. Please complete, sign and send the form with your child to check-in – **do not** send the form to us prior to the date of camp. Athletes will not be permitted to participate without this form.

CONCUSSION INFORMATION FORM

The Concussion Information Form is **REQUIRED** for all participants. Please visit OhioStateBuckeyes.com/camps to obtain this form. Please complete, sign and send the form with your child to check-in – **do not** send the form to us prior to the date of camp. Athletes will not be permitted to participate without this form.

EQUIPMENT

All campers are responsible for bringing their own equipment. We strongly recommend athletes to bring & wear headgear at all camp sessions. No equipment will be provided to ANY camper.

TRANSPORTATION

The Ohio State Wrestling Camp will provide a shuttle service to and from the airport for all requests received no later than 1 week prior to camp. The fee for airport transportation is \$30 round-trip. Email Alex Picazo (picazo.1@osu.edu) after registering for camp in order to receive a shuttle info packet. Port Columbus International Airport is only 15 minutes from the Ohio State campus.

CONFIRMATION

Upon processing of each registration, a confirmation notice will be sent by email. A packet of "Important Information for Registered Campers" (including the Parent Consent & Waiver Form and Concussion Information Form) will be posted online at OhioStateBuckeyes.com/camps at least 2 weeks prior to the start of each camp. This packet will not be separately mailed to campers.

Please check your email regularly, as this is our primary method of communication with campers and their parents.

REFUNDS

A refund less a \$50 administrative fee will be issued for any cancellation received by at least 30 days prior to the start of camp. A refund less a \$100 administrative fee will be issued for any cancellation received by at least 14 days prior to the start of camp. The administrative fee and the 2.5% online processing are not refundable for ANY reason.

Because we have to guarantee our number of campers in order to prepare for camp, any cancellation received less than guidelines posted above will not be eligible for any refund except in the case of injury, illness, or mandatory school event, in which case supporting documentation from a doctor or school is required.

A camp fee may not be transferred to any other Ohio State sports camp. A camp fee may not be transferred to any other camper. All cancellation notices must be received by the deadline above and submitted by mail, email, or fax - no phone calls or voicemails. All supporting documentation required for a refund to be approved and processed must be submitted within 10 days after the conclusion of the camp session. Refund requests must be submitted on the Refund Request Form available at OhioStateBuckeyes.com/camps. Campers who are injured while at camp but remain at camp will not be eligible for any refund.



REGISTRATION

Complete a separate registration form for each participant.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (_____) _____

Cell Phone: (_____) _____

Camper Cell Phone: (_____) _____
Used only if camp director needs to contact camper while at camp.

Email: _____

Parent/Guardian Name: _____

Parent/Guardian Phone: (_____) _____

School: _____ Graduating Year: _____

Grade (fall 2014): _____ Birthdate: _____ Weight: _____

Sex: _____ Skill Level (circle one): Beginner Intermediate Advanced

T-Shirt Size (circle one): YS YM YL S M L XL XXL

Roommate Request: _____

*Roommate assignments will be released at check-in. Each camper has the opportunity to request one roommate on their camp application. Such roommate requests will only be approved if BOTH persons request each other as roommates. While we do our best to accommodate each camper's request, we do not guarantee that roommate requests will be granted. Please note that both roommates must be formally enrolled in the camp in order for such roommate requests to be considered. There will be two to four campers in a room.

☐ I would like to receive further information about Ohio State Wrestling events.

How did you hear about camp (please specify)?

- ☐ Brochure: _____
☐ Website: _____
☐ E-mail: _____
☐ Magazine: _____
☐ Wrestling Event: _____
☐ Friend/Family
☐ Previous Camper

MORE INFORMATION

Buckeye Sports Camps

(614) 247-CAMP (2267)

buckeyecamps@osu.edu

WRESTLING SUMMER CAMPS

PLEASE CHECK ALL APPROPRIATE AREAS.

CAMP	DATES	DAY	OVERNIGHT
<input type="checkbox"/> Ohio State Training Camp	June 22 - 26	<input type="checkbox"/> \$339	<input type="checkbox"/> \$429
<input type="checkbox"/> Youth Day Camp	June 23 - 25	<input type="checkbox"/> \$199	
<input type="checkbox"/> Youth Day Camp	June 30 - July 2	<input type="checkbox"/> \$199	
<input type="checkbox"/> Takedown Camp	July 6-10	<input type="checkbox"/> \$339	<input type="checkbox"/> \$429
<input type="checkbox"/> Heavyweight Camp	July 6-10	<input type="checkbox"/> \$339	<input type="checkbox"/> \$429
<input type="checkbox"/> Father/Son Youth Camp	July 11-13	<input type="checkbox"/> \$250	<input type="checkbox"/> \$325
<input type="checkbox"/> One Week Intensive Camp	July 6-10	<input type="checkbox"/> \$339	<input type="checkbox"/> \$429
<input type="checkbox"/> One Week Intensive Camp	July 13 - 17	<input type="checkbox"/> \$339	<input type="checkbox"/> \$429
<input type="checkbox"/> Two Week Intensive Camp	July 6-17	<input type="checkbox"/> \$669	<input type="checkbox"/> \$979
<input type="checkbox"/> Turn & Pin Camp	July 13 - 17	<input type="checkbox"/> \$339	<input type="checkbox"/> \$429
<input type="checkbox"/> Technique Camp	July 13 - 17	<input type="checkbox"/> \$339	<input type="checkbox"/> \$429
<input type="checkbox"/> Airport Shuttle		<input type="checkbox"/> \$30	

(Email picazo.1@osu.edu after registering for camp in order to receive a shuttle info packet)

TOTAL \$

(Minimum Deposit of \$100 required) AMOUNT PAID* \$

(Balance is due by no later than June 1, 2014) BALANCE DUE \$

* Full payment is due at time of registration if registering online

OPTION 1: Online Registration

To register online, please visit OhioStateBuckeyes.com/camps.
(A processing fee will be added to all online registrations.)

OPTION 2: Check or Money Order

Make checks payable to: The Ohio State University

Mail application to: Wrestling Camp
Fawcett Center, 7th Floor
2400 Olentangy River Road
Columbus, OH 43210

To ensure that you receive the confirmation emails and other important communications about camp, please add **Buckeyecamps@osu.edu** to your Safe Senders List.

It is not permissible for boosters to provide expenses for individuals to attend any camps by the Ohio State Department of Athletics. Expenses include but are not limited to: lodging, meals, transportation, and/or camp registration fees.