

# WASHINGTON'S GREATS COMMUTER CAMP

JUNE 23—JUNE 27, 2008

LAKE STEVENS HIGH SCHOOL

●—————●

*WE HAVE BROUGHT TOGETHER SOME OF THE GREATEST WRESTLERS IN WASHINGTON STATE HISTORY TO WORK THIS YEARS CAMP. THIS IS YOUR CHANCE TO SEE WHAT MADE WASHINGTON'S GREATS CHAMPIONS. LEARN THE METHODS AND SECRETS DIRECTLY FROM THE GUYS WHO SUCCESSFULLY USED THEM. IF YOU'RE SOMEONE WHO WANTS TO GET BETTER AT THE SPORT OF WRESTLING, THIS IS A GREAT OPPORTUNITY TO DO JUST THAT! SEE THE LATEST AND GREATEST TECHNIQUES FROM EACH POSITION. TO BE GREAT YOU NEED TO LEARN FROM THE GREATS! NOW IS YOUR CHANCE TO MAKE NEXT SEASON A CHAMPIONSHIP SEASON. YOU WILL NOT FIND A BETTER VALUE FOR YOUR MONEY, RESERVE YOUR SPOT TODAY!*

●—————●



4-Time Washington State Champion Burke Barnes demonstrates with Coach Brent Barnes.

Washington's Greats Wrestling Camp  
2902 118th Dr. NE.  
Lake Stevens WA 98258

# WASHINGTON'S GREATS-CLINICIANS

●—————●

## Featured Clinician

**Kevin Roberts** 2x NCAA All-American - Univ. Oregon, Wash. State H.S. Champion - Asst. Coach Oregon State University

●—————●

**Brent Barnes** Camp Director, Former National Champion, Coached 6 State Championship Teams and 18 consecutive league titles-Head Coach Lake Stevens H.S.

**Justin Abdou** Head Coach - Simon Fraser University, 4x NAIA National Champion, 5th World Championships, Olympian

**Anders & Per Lars Blomgren** Head and Asst. Coach Vashon Island. NAIA All-American and NAIA National Champion and OW respectively. Washington State H.S. Champions

**Tyson Springer** Asst. Coach - Lake Stevens H.S. 3x NAIA All-American 2006 National Champion, Washington State Champion.

●—————●

**Burke Barnes** 4x Washington State Champion - Lake Stevens H. S., 4X College All-American Dana College. Expert in speed drilling.

**Kelly Kubec** 3x Washington State Champion, Junior National All-American, Oregon State University. FILA Jr. World Team Member

●—————●

Tel: 425-334-8780

# WASHINGTON'S GREATS

## Camp Philosophy

The goal of the Washington Greats Wrestling Camp is to provide a high quality wrestling experience in an inexpensive commuter setting. Our emphasis will be on teaching technique and strategies that will work at any level. Our counselors have been hand picked for their ability to work with kids and their vast knowledge of the sport. We want to make your camp experience one that will help make next season a championship season.

## Facilities

With over eight full mats of wrestling space on the gym floor we can provide enough room for all our campers. We also have a fully equipped weight room for our high school participants. If necessary our large wrestling room can be used to split practices.

## Location

Lake Stevens High School is located eight miles east of Everett. Take highway 9 North to highway 92, turn right, go approximately a mile and half to 113th Ave. and turn right. The high school will be on the right hand side approximately a quarter of a mile up the road. The gym is located behind the swimming pool by the student parking lot.

Where? Lake Stevens High School, 2908 113th Dr. NE Lake Stevens WA. 98258

When? June 23th through June 27th, 9:30 a.m. to 2:00 p.m. daily.

Who? Ages 5 through 18.

Cost? \$100 make checks payable to Lake Stevens Wrestling Club.

What? Your wrestler will receive five days of great technique and instruction and a high quality camp t-shirt.

## Schedule:

9:30 Session I Technique

11:30 Lunch (bring your own) Wrestling Movies and Videos

12:30 Session II Technique and Live Wrestling.

2:00 Camp Over, pickup time!

Refunds: No refunds after June 15th.

Rules: Camp rules will be strictly enforced and anyone unable to abide by the rules will be sent home and lose their registration fee.

Information? 425-334-8780

## CAMP SIGNUP FORM

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
EMAIL \_\_\_\_\_  
SCHOOL \_\_\_\_\_  
AGE \_\_\_\_\_ WT \_\_\_\_\_ YEARS EXP. \_\_\_\_\_  
INSURANCE CO. \_\_\_\_\_  
POLICY NUMBER \_\_\_\_\_  
EMERGENCY CONTACT \_\_\_\_\_  
TELEPHONE \_\_\_\_\_  
SHIRT SIZE XS S M L XL XXL

## Release Statement

As a participant in the Washington Greats Lake Stevens Wrestling Camp, I hereby agree that I will assume the risk of injury or death from participating in this wrestling program. I understand that there are injuries inherent to all sports related activities. Therefore, with the exception of the school district's sole negligence, I release Lake Stevens School District, it's employees, it's elected officials, agents, and volunteers from any liability resulting from my/or my family's participation in this sports camp.

Parent/Guardian \_\_\_\_\_

Signature \_\_\_\_\_

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

**Washington's Greats Wrestling Camp**  
2902 118th Dr. NE.  
Lake Stevens WA 98258

Phone: 425-335-8780

Email: family.barnes@verizon.net