

## Wrestlers need to bring:

- Sleeping bags
- Pillows
- Tents
- Towels
- Toilet Articles
- Workout gear (7 sets)
- Wrestling shoes
- Casual clothes
- Baseball gloves
- Running shoes
- Spending money for camp store. (Misc. snacks, drinks & laundry service)



## Sample schedule

### Day 1

Check in 5 pm

Session 1 — 5-7 pm

Dinner 8 pm

Recreation time/ movie time

5-6 Grade Pick Up at 9:00 pm

### Days 2 and 3

Breakfast 7:30- 8:00 am

5-6 Grade Drop Off at 7:30 am

Session 1 — 9-11 am( technique)

Lunch 11-noon

Free time noon-1 pm

Session 2 — 1-3 pm( Tech. and Ironman)

Recreation 3-5 pm

Dinner 6 pm

Session 3 — 6:30-8:30 pm

(Live matches, WT. lifting/ mental toughness)

Movie time

5-6 Grade Pick Up at 9:00 pm

Lights out 10:30 pm

### Day 4

Breakfast 7:30-8:30 am

5-6 Grade Drop Off at 7:30 am

Session 1 — 9-11 am

Lunch 11- noon

Session 2 — 12:30-2:30 p.m.

(Take Down Tourney, parents are encouraged to attend)

**CHECK OUT!!**

## BigHorn Wrestling Overnight Camp

(tents will be set up outside behind RHS)

**Location:**

**Riverside High School**

**4120 E. Deer Park Milan Rd.**

**Chattaroy, Wa 99003**



**Date: June 20th-23rd**

Grades: 7-12 overnight

Grades: 5-6 can attend as day camp commuters

Camp will have a good mix of technique and competitive sessions

## Clinicians

Martin Mitchell -4 time State Champ Tonasket H.S., Wrestled at University of Oregon.

Jake DesRoches-3 time State Placer Riverside H.S., going to Cal Poly to wrestle.

Ryan DesRoches- 3 time State Champ Riverside H.S., wrestles at Cal Poly.

Ryan Major- 3 time State Placer at Riverside H.S., going to U of Great Falls to wrestle.

**Cost per athlete for entire camp: \$150.00.**

Price includes meals and camp shirt. **Deposit of \$75.00 due June 1st.**

**Grades 7—12 overnight**

**Grades 5 –6 can attend as day camp commuters**

(Parents need to pick up 5-6 Grade wrestlers at 9:00 pm and drop them off at 7:30 am each day)

**No Refunds after June 1st.**

**Mail to:**

**Big Horn Wrestling Camp**

**PO Box 154**

**Springdale, WA 99173**

**Remaining balance due at START of camp June 20th.**



## Camp Directors:

**Randy Miller:** [randy.redstorm.miller@gmail.com](mailto:randy.redstorm.miller@gmail.com)

**Head Wrestling Coach at Riverside**

Graduated from Sandpoint H.S.

Wrestled at Western Montana and BSU.

Teams have placed in top 10 in the state the last 5 years.

2008 and 2009 teams finished 4th in the 2A State Tournament

Academic State Champs in 2008.

Cell: (509) 939-4580

**Kyle Dodge:**

**Head Wrestling Coach at Mary Walker**

2001 A/B State Wrestling Coach of the Year

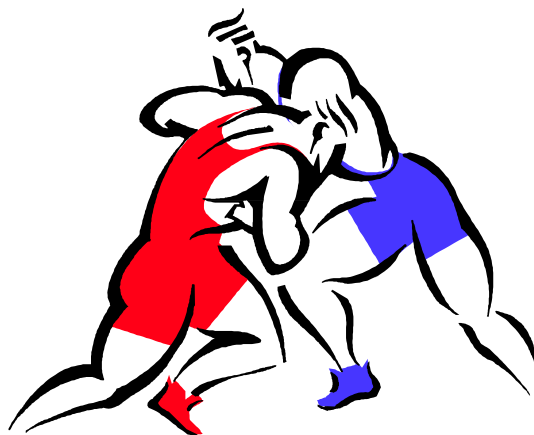
2002 B Sportsman of the Year

2006 Eastern Washington Girls Coach of the Year

2000-2006 Academic State Champions

Top ten finishes in the state 2008 and 2009

Cell: (509) 939-4423



## Registration

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Wt. \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

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

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

Emergency Phone other than home: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Insurance Company Policy No.: \_\_\_\_\_

Does student have any special medical problems? \_\_\_\_\_

If yes, please specify: \_\_\_\_\_

Is student taking medication, if so please specify \_\_\_\_\_

Does student have any allergies, if so please specify \_\_\_\_\_

In case of illness, accident, or other emergency involving your student, is the staff authorized to seek medical attention from the nearest physician Y or N. If no please specify procedure you wish followed: \_\_\_\_\_

I, hereby waive and release BigHorn Wrestling Camp and Staff from any an all liability and injuries incurred while in camp. In case of illness or injury incurred while in camp, I authorize the said camp to act for me in any medical emergency, according to their best judgment.

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

Date \_\_\_\_\_

T-Shirt size:

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

Camp Use: Date Rec. \_\_\_\_\_