2014 NEBRASKA INDIVIDUAL

WRESTLING CAMP

AGES 6-18 (K-12)

Two Day Individual Technique Camp

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

Opportunities Provided:

1. Two days of quality instruction by the country's best.
2. Learn new techniques in order to be successful (state and national level).
3. Mat experience. (King Of The Mat and Situations)
4. Make new friends who share the same goal.
5. Camp t-shirt.

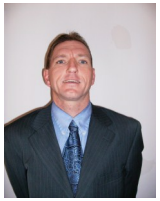
Instructors

Mark Manning

Ken Wilson

Jim Barnes

Jerry Honeycutt



Instructors:

Mark Manning

He is in his 9th year as the University of Nebraska head coach. He is the winningest coach in Nebraska history. In 2009 they were the Big 12 Champs. He has coached 27 All-Americans. He has had 5 top 8 finishes. His record at Nebraska is 126-45-3 (.733). He was back to back Big 12 Coach of the Year. He coached Jordan Burroughs, the 2011 Dan Hodge Award, Olympic Champ and World Champ.

Ken Wilson

He is the coach at Chapin High School. He is a former coach at Dutch Fork High School and Spring Valley High School. He has amassed over 370 victories in his coaching career.

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

Dutch Fork High School
1400 Old Tamah Road
Irmo, SC 29063
(803) 732-8050

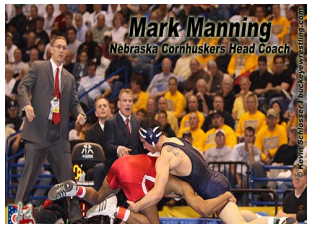
From Charlotte, NC:

1. Take I-77 South for approximately 80 miles.
2. Merge onto SC-277 S via Exit 18 toward I-20 W Columbia/Augusta for 1.7 miles.
3. Merge onto I-20 W toward Augusta/I-26/Charleston for 8.7 miles.
4. Merge onto I-26 W via Exit 64B toward Spartanburg for 5.9 miles..
5. Merge onto US-176/Broad River Road via Exit 101A toward Ballentine/White Rock for 2.5 miles.
6. Turn right onto Koon Road for 2.9 miles.
7. Turn right onto Old Tamah Road for .3 mile.
8. School is on the left.

From Greenville, SC:

1. Take I-385 South toward Columbia for approximately 42 miles.
2. I-385 South becomes I-26 East for approximately 44 miles.
3. Merge onto Broad River Road/US-176 via Exit 97 toward Ballentine/White Rock for 2.0 miles.
4. Turn left onto Shady Grove Road for 1.5 miles.
5. Stay straight to go onto Old Tamah Road for 1.1 miles.
6. School is on the left.

Nebraska



MARK MANNING

Eligibility:

Ages 6-18 (K-12)

Dates: Monday-Tuesday (July 21-22, 2014)

Time: 9 am-2 pm

Location: Dutch Fork High School

Columbia, SC

Format:

1st session — Neutral (9 am-11 am)

Set-ups, Tie-ups, Head clears, Take downs (double, single, fireman's, front head lock) and counters, Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

2nd session — Top (11 am—12 pm)

Break downs (chop, ankle, spiral) and counters, Pinning combinations (bars, tilts, halves, cradles), Cross body ride and counters, Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

3rd session — Bottom (12 pm—1 pm)

Escapes/Reversals (stand up, switch, shift, granby), Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

4th session-Ask Coach Manning (1 pm—2 pm)

Questions and answers

(moves and counters)

Coach Manning's favorite moves

Advanced moves

AND Live Wrestling (King of The Mat)

Situations

Individual Registration:

1. Completed individual application with t-shirt size.
2. Individual guardian signed medical waiver.
3. Individual $80.00 check (non-refundable) made out to Nebraska Wrestling Camp
4. Mail in registration information to:

   Jerry Honeycutt

   7296 Cascading Pines Drive

   Tega Cay, SC 29708

5. Call regarding questions-

   Jerry Honeycutt @ (704) 661-3753

Deadline:

FIRST 100 REGISTERED

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-singlet and headgear).
3. Attitude-positive.
4. Effort-100% hustle.
5. Teamwork/Sportsmanship/Cooperation-be a great drill partner.
6. Have ride ready by 2:00 pm.

Special Thanks To The Following Sponsors:

1. Hilton Garden Inn of Columbia

2014 NEBRASKA WRESTLING CAMP

REGISTRATION APPLICATION

(Please fill out, detach, and mail along with an $80.00 check)

Participant Information

First Last

Name (Print):_____

Current Medication(s) and/or Special Instructions:

_____

Number of Year(s) Attending Nebraska Wrestling Camp_____

T-Shirt Size _____ Current School Attending and Head Coach's Name _____

Age ____ Current 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 Nebraska Wrestling Camp (facilities/instructors) and/or Dutch Fork High School **will not be held responsible/liable** for any injuries or lost items.

Participant Signature:_____
Date:_____

Parent/Guardian Signature:_____
Date:_____