

2010 NC-SC TEAM WRESTLING CAMP

MIDDLE SCHOOL (6-8)

Individual Technique

Goals:

1. Participant(s) will learn the basic fundamentals of wrestling (set-ups, tie-ups, head clears, take-downs and counters, escapes/reversals, break-downs and counters, pinning combinations, cross body ride and counters, advance 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. Participant(s) will learn how to apply wrestling principles in order to be successful in life.

Opportunities Provided:

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

Instructors

T. J. Jaworsky



Jim Barnes



Jerry Honeycutt



Instructors:

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 (2 years-led team to the state duals in his first year-2nd time in school history). He is a great motivator.

Directions to Northwestern High School

2503 West Main Street
Rock Hill, S.C. 29732
(803) 981-1200

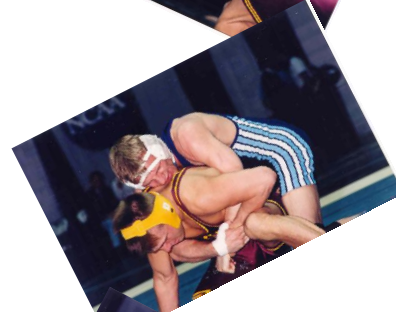
From Charlotte, NC:

1. I-77 South (towards Columbia)
2. Exit #82C (SC-161 W)...go approx. 5.3 miles
3. Left onto Rawlinson Road...go approx. 2 miles
4. Left onto West Main Street/SC-5...go approx. .1 mile
5. Right into the school

From Columbia, SC:

1. I-77 North (towards Charlotte)
2. Exit #73 (SC-901)...go approx. 3 miles
3. Left onto SC-901/MT Holly Rd.go approx. 3.2 miles
4. Right onto Albright Rd/SC-121/SC-72...approx. 3 miles
5. Left onto Heckle BLVD..go approx. 3.4 miles
6. Left onto Main Street West/SC-5..go approx. 1.5 miles
7. Left into school

Jaworsky Trained



Eligibility:

Rising 6th-8th graders.

Dates: Wednesday June 16, 2010

Time: 9 am-1 pm

Location: Northwestern High School
Rock Hill, SC

Format:

1st session —Neutral

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

2nd session — Top

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

3rd session — Bottom

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

4th session-Ask TJ Jaworsky

Questions and answers
(moves and counters)
TJ's favorite moves
Advance moves

Team Registration:

1. Completed individual application with t-shirt size.
2. Individual guardian signed medical waiver.
3. Individual \$20.00 check (non-refundable) made out to NC-SC Wrestling Club
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:

Thursday June 3, 2010

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 1:00 pm.

Special Thanks To The Following Sponsors:

1. Copy Dawg Print Shop, Fort Mill
2. Food Lion of Tega Cay
3. Palisades Country Club
4. A+ Embroidery of Fort Mill
5. Audi of Charlotte
6. Hilton Garden Inn of Rock Hill
7. Founders of Lancaster
8. Family Trust of Rock Hill
9. Tega Cay Country Club
10. Coca Cola of Rock Hill
11. Starbuck's (Baxter Village)
12. All Pro Plumbing

2010 NC-SC WRESTLING CAMP REGISTRATION APPLICATION

(Please fill out, detach, and mail along with a \$20.00 check)

Participant Information

First Last

Name

(Print): _____

Current Medication(s) and/or Special Instructions:

T-Shirt Size

Current School Attending

Age Grade Height Weight

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 # Cell Phone #

() _____ () _____

Medical Release Waiver

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

Participant Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____