



Our Nebraska Wrestling Staff wants to welcome you to attend our camps this summer. There are a lot of choices out there, but we believe the personalized approach we take along with the way our coaches and counselors work with the campers is the best overall experience in the country. First and foremost, I am always present and very active in each camp. My staff is always acceptable and involved with our campers and high school coaches who attend camp. We are committed to helping each individual and team reach their goals along with helping them realize their fullest potential. Come join the Huskers for a great camp experience.

Sincerely,
Mark Manning
Head Wrestling Coach



Nebraska Wrestling Camps
107F Devaney Sports Center
Lincoln, NE 68588-0652

2009 NEBRASKA WRESTLING CAMPS



BEST TEAM CAMP IN THE COUNTRY

AT BOB DEVANEY SPORTS CENTER
Track Area • Lincoln, Nebraska

TEAM CAMPS

Team Camp I . . . June 28-July 2
Team Camp II . . . July 12-16
Team Camp III . . . July 19-23

INDIVIDUAL CAMPS

Technique Camp . . . July 9-12
Takedown Camp . . . July 16-19
Intensive Camp . . . July 9-23

AT FURMAN UNIVERSITY Greenville, South Carolina
South Carolina Camp June 25-29

www.huskers.com
www.huskerwrestling.com



TEAM CONCEPT CAMPS I, II, III
June 28-July 2; July 12-16; July 19-23

The Nebraska Wrestling Team Camps have been very successful, and our staff has implemented some new ideas to make them the best experience you and your team will ever have. Why? The following are some factors that separate our camps from the others while offering coaches and wrestler's:

- 1) An environment with competition from across the country (last year teams came from Nebraska, Iowa, Minnesota, S. Dakota, Wisconsin, Illinois, Colorado, Montana, Utah, Kansas, Missouri, Michigan, Oklahoma and Pennsylvania). Four teams last summer were ranked in the top 25 high school rankings.
- 2) A great combination of daily technique combined with 3-4 dual meets daily.
- 3) Outstanding clinicians who teach and breakdown the techniques and drills for campers and coaches. We will cover top and bottom, as well as takedowns, which will work at any level.
- 4) Team leaders who will be assigned to your team that will assist you with motivating, encouraging, counseling, and instructing your wrestler's throughout the week.
- 5) A indoor track facility (air conditioned) which provides tremendous space and a great competition environment.
- 6) A Husker Power specialist will provide you with advice on how to weight train and properly lift.
- 7) Knowledge from how to mentally prepare for competition, as well as how to provide the proper nutrition for optimal performance.

Our team camps will be conducted to benefit your wrestlers and coaches from a competitive standpoint, as well as a technical one. If there is an area you and your team need to improve upon we will cover those areas also. There is not a minimum or maximum number of campers you can bring as a team. We will combine teams for competition reasons to ensure each and every wrestler is on a team. (Individuals are encouraged to register). Also, teams can be formed by a particular area; however, this team will not receive the discounted rate after 10 campers. A special all-star team will be selected on Wednesday of each camp. Each all-star will receive a special t-shirt. We want each team, coach, and camper to have the best experience they have ever had at our camp. Individuals are welcome - there will be other individuals and small teams that will be looking for more team members.

COST: \$305/per live-in camper
\$245/per commuting camper
* If more than 10 campers attend, a reduced rate applies - see camp breakdown costs.

Applications must be postmarked by June 14 for Team Camp I, by June 29 for Team Camp II, by July 5 for Team Camp III. All late applications will be assessed a \$20 late fee (including walk-ins). We need commitments to ensure housing needs.

LATE FEES are charged due to large numbers and housing needs to be informed early. Please try to be as accurate as possible - your numbers help us determine floor assignments.



FURMAN TEAM CAMP
Furman University (Greenville SC)
June 25-29

We're excited to expand our team camps onto the East coast and in the State of South Carolina! We feel our team camp concept will benefit coaches and wrestlers and provide them with proper techniques, a variety of competition, advice on training modes, nutritional information, as well as a camp that will give your team a hand's approach from a elite college program.

Nebraska team camps have been very successful in the Midwest with over 80 teams from Nebraska, Wyoming, Montana, Minnesota, South Dakota, North Dakota, Iowa, Colorado, Kansas, Oklahoma, Missouri and Wisconsin attending each summer. Your team will complete 10-15 duals during the week along with your wrestlers having the opportunity to get additional matches. We offer an all-star match with some of the best kids in the camp, along with coaches roundtable where ideas and advice can be shared. I believe you will have a great experience at our camp and we look forward to helping wrestlers grow and develop into a championship team. We also encourage individuals (4-5 athletes) to join us and not to worry how many wrestlers a team brings, we will arrange and group small teams and individuals onto a team. Please join us and experience the best team camp in the country!

All applications must be postmarked by June 11. All late applications will be assessed a \$20 late fee (including walk-ins). We need commitments to ensure housing needs.

COACHES AT TEAM CAMPS:

Each coach will be have to pay \$125 to attend camp. However this year we have discounts for teams with more than one coach. A team that brings two coaches will get one coach free, and teams that bring three coaches will get two coaches free.

**One Coach - \$125
Two Coaches- \$125
Three Coaches- \$125**

TRANSPORTATION POLICY:

All campers are responsible for providing transportation to and from camp. Feel free to contact us if you need assistance with transportation from the air-port or bus station. Lincoln has an airport with three airlines (Allegiant, Northwest, and United). Epply Airfield in Omaha has several other airlines and is only 50 miles from Lincoln. Both airports have shuttles. Please contact us if you need further information or assistance with transportation.

A TYPICAL DAY AT TEAM CAMP

7:00 a.m. to	8:15 a.m.	Breakfast
8:30 a.m. to	10:30 a.m.	Teaching Session
10:30 a.m. to	11:30 a.m.	Motivational/Wt. Training
11:30 a.m. to	1:30 p.m.	Lunch
1:30 p.m. to	4:00 p.m.	Competition Session
5:00 p.m. to	6:00 p.m.	Supper
6:30 p.m. to	8:30 p.m.	Competition Session
7:00 p.m. to	8:30 p.m.	Session
10:30 p.m.		In-Room Bed Check
11:00 p.m.		Lights Out

****Approximately the same schedule for individual camps.**

TECHNIQUE CAMP
July 9-12

Our technique camp will focus on basic fundamental drills and techniques that will help each wrestler improve. We will emphasize current set-ups, takedowns, breakdowns, pin holds, and pinning combinations. Each session we will drill previous techniques that have been taught the session before as we build upon the Nebraska system. The technique camp will have a variety of clinicians giving advise on nutrition, conditioning, motivation, and how to properly weight train. Our staff will teach you how to drill and train you in the importance of repetition. Campers will learn about the sport and more importantly understand how enjoyable wrestling is for their development.

COST: \$245/per live-in camper
\$195/per commuting camper

All applications must be postmarked by June 26. All late applications will be assessed a \$20 late fee (including walk-ins).

TAKEDOWN CAMP
July 16-19

The Competitive Takedown Camp will help wrestlers better understand position, set-ups, counter offense, and multiple attacks. We will teach, drill, and have live wrestling; but also we will help you learn how to compete at a high level. Each wrestler will gain a lot of experience through top-notch instruction and competitive wrestlers from a number of states. We will break campers into weights at the end of camp and have a competitive takedown tournament on the last night. We will instruct campers regarding nutrition, proper mental attitude, weight loss, as well as how to properly weight train. This camp will help each athlete greatly improve as a takedown specialist. Campers will be exposed to the best techniques and counter offense which will allow them to advance from current level of competitiveness.

COST: \$245/per live-in camper
\$195/per commuting camper

All applications must be postmarked by July 2. All late applications will be assessed a \$20 late fee (including walk-ins).

COACHES attending Technique and Takedown Camps:

\$90 live-in
\$60 non-resident

SPECIAL PRICES: For campers that attend one of the Team Camps and an additional individual camp – the Technique Camp or Takedown Camp – you will receive a cost break.

Team I, Team II, or Team III and Technique Camp or Takedown Camp
\$490/live-in camper
\$380/commuters

NEBRASKA INTENSIVE WRESTLING CAMP:
July 9-23

If you want a challenge; and to learn the work, dedication, sacrifice, and self discipline it takes to be a CHAMPION—attend the Nebraska Intensive Camp! We will push you physically and help build the mental toughness needed for you to be your BEST. Our staff and counselors will help you gain a better understanding of your limits, along with breaking down barriers to reach your goals and fulfill your commitments. You will leave our camp with more wrestling knowledge and a tougher mind in order to achieve your best on the mat and off. We will teach the “Life Skills” necessary for you to get the most out of yourself. We recommend you come to our camp with some conditioning level in order to get the most from our camp. This camp is designed for the wrestler who is looking for that EXTRA edge in order to reach higher goals. For ages 14-18 years old. (Daily conditioning, technique work, live wrestling/competition, strength training, mental training, goal setting, as well as daily coaching and feedback to improve yourself). Let us help you reach a new level of performance. Best of luck - Mark Manning

COST: \$1,250/per live-in camper \$700/per live-in coach
\$875/per commuting camper \$450/per commuting coach

Applications must be postmarked by June 28. All late applications will be assessed a \$20 late fee (including walk-ins). We need commitments to ensure housing needs.

LATE FEES are charged due to large numbers and housing needs to be informed early. Please try to be as accurate as possible - your numbers help us determine floor assignments.

2009 WRESTLING TEAM CAMP BREAKDOWN COSTS

NEBRASKA CAMPS			SOUTH CAROLINA CAMP **		
Number	Live-In	Commuters	Number	Live-In **	Commuters
1 - 10	\$305.00	\$245.00	1 - 10	\$355.00	\$295.00
11 - 15	\$295.00	\$230.00	11 - 15	\$340.00	\$280.00
16 - 20	\$285.00	\$220.00	16 - 20	\$330.00	\$270.00
21 - 25	\$275.00	\$210.00	21 - 25	\$320.00	\$260.00
26 +	\$260.00	\$195.00	26 +	\$305.00	\$245.00
COACH	\$125.00	\$125.00	COACH	\$175.00	\$175.00

****ALL LIVE IN CAMPERS ATTENDING THE FURMAN TEAM CAMP NEED TO BRING LINENS.**

IMPORTANT INFORMATION
for ALL Nebraska Wrestling Camps

FULL-TIME ATHLETIC TRAINER:

Members of the University's athletic training staff are on hand for all sessions. A doctor is on call and the Student Health Center is readily available. We recommend that each camper be in excellent physical condition. This not only prevents injuries, but also makes the learning process much easier. If a camper needs to be taped, he should bring his own tape for the week. (No camper can be given treatment without a copy of his physical form or doctor's signature - see application form)

WHAT TO BRING:

Each participant will be expected to bring his own towels, washcloth, and bedding (housing only provides a pillow with case and sheets). If you need more bedding than a pillow with case and sheets please bring the additional items you need (such as a blanket). Also bring toilet articles, a swimsuit, and wrestling equipment. Wrestling shoes, T-shirts, shorts, and socks will be needed along with casual clothing. Feel free to bring any additional food or drink desired for snacks, but vending machines are available. Also, the camp store will be open between each session and at the end of each day in a pre-designated room.

COMMUTERS:

Commuters need to come to registration in order to check in and receive a t-shirt and lunch ticket. Lunch tickets are provided with your camp fee. Breakfast and/or dinner tickets can be purchased at check-in. After the first day at check-in, the camp will begin at 8:30 AM with lunch provided from 11:30 AM to 1:30 PM. The camp will run until 8:30 PM (free time from 4:00-6:30 PM) and dinner is on your own. Commuters can be dropped off and picked up at the Bob Devaney Sports Center.

An itinerary for each camp can be picked up at check-in.

Each camper/coach will receive a confirmation letter once the registration has been received. Check-in times and location will be included in this letter.

REFUNDS:

Refunds will only be given due to illness or serious injury. A letter requesting a refund must include a thorough explanation and a doctor's excuse note. NO refunds will be given over the phone. ALL must be written and turned in prior to the camp you are planning to attend.

PARKING:

Parking is available in designated areas. You must obtain a permit at the front desk of the dorm or during registration - this includes commuters. Do NOT park in any reserved spaces as marked. If parking in a metered area, you must keep time on the meter or you can be ticketed. The Nebraska Wrestling Camp is NOT responsible for any parking tickets or towing charges.

HUSKER POWER
The Strength of Nebraska



Jason Mester

The Nebraska Wrestling program prides itself on being the best conditioned and strongest team in the country. The tradition of the Husker Power strength program has built a legacy of developing University of Nebraska athletes into world-class competitors. Jason will present a weight training and nutrition session each camp.

2009 NEBRASKA WRESTLING CAMP APPLICATION

EVERY INDIVIDUAL ATTENDING CAMP, STUDENT OR COACH, NEEDS TO COMPLETE AN APPLICATION

TEAM CAMPS		
TEAM CAMP I - June 28-July 2, 2009 Postmark Deadline: June 14, \$20 late fee Camper <input type="checkbox"/> Live-In \$305 <input type="checkbox"/> Commuter \$245 Coach <input type="checkbox"/> Live-In \$120 <input type="checkbox"/> Commuter \$80	TEAM CAMP II - July 12-16, 2009 Postmark Deadline: June 29, \$20 late fee Camper <input type="checkbox"/> Live-In \$305 <input type="checkbox"/> Commuter \$245 Coach <input type="checkbox"/> Live-In \$120 <input type="checkbox"/> Commuter \$80	
Team Camp III - July 19-23, 2009 Postmark Deadline: July 5, \$20 late fee Camper <input type="checkbox"/> Live-In \$305 <input type="checkbox"/> Commuter \$245 Coach <input type="checkbox"/> Live-In \$120 <input type="checkbox"/> Commuter \$80	FURMAN TEAM CAMP - June 25-29, 2009 Postmark Deadline: June 11, \$20 late fee Camper <input type="checkbox"/> Live-In \$355 <input type="checkbox"/> Commuter \$295 Coach <input type="checkbox"/> Live-In \$175 <input type="checkbox"/> Commuter \$80	
INDIVIDUAL CAMPS		
TECHNIQUE CAMP - July 9-12, 2009 Postmark Deadline: June 26, \$20 late fee Camper <input type="checkbox"/> Live-In \$245 <input type="checkbox"/> Commuter \$195 Coach <input type="checkbox"/> Live-In \$90 <input type="checkbox"/> Commuter \$60	TAKEDOWN CAMP - July 16-19, 2009 Postmark Deadline: July 2, \$20 late fee Camper <input type="checkbox"/> Live-In \$245 <input type="checkbox"/> Commuter \$195 Coach <input type="checkbox"/> Live-In \$90 <input type="checkbox"/> Commuter \$60	INTENSIVE CAMP - June 9-23, 2009 Postmark Deadline: June 28, \$20 late fee Camper <input type="checkbox"/> Live-In \$1,250 <input type="checkbox"/> Commuter \$875 Coach <input type="checkbox"/> Live-In \$700 <input type="checkbox"/> Commuter \$450

CAMPERS ONLY: Must fill out if attending camp

Name of Camper _____ Parents or Legal Guardian _____
Address _____ email _____
City _____ State _____ Zip _____
Home Phone _____ Team attending camp with _____
Coach attending with Team _____ Coach Phone _____
Grade next year _____ Age at camp _____ Wrestling Weight Class _____ lbs. Current Weight _____ lbs.
Accident & Medical Insurance Company _____ Policy Number _____
Insurance Company Address _____ Policy Owner _____

COACHES ONLY: Must fill out if attending camp

Name of Coach _____ ☐ Head Coach ☐ Assistant Coach
Address _____ email _____
City _____ State _____ Zip _____
Home Phone _____ Cell Phone _____ Team Coaching _____

TEAM CAMP COACHES: Coaches are responsible for submitting roommate pairings for their team members at camp. Please mail, fax or e-mail roommate pairings to Ellen at (402) 472-9430 or e-mail eshuts@huskers.com Office Fax # (402) 472-2272

TO: NEBRASKA WRESTLING CAMP This is the application for enrollment of _____ (camper's name) in the Nebraska Wrestling Camp on the above dates. I grant permission to the camp director, assistants or assigned chaperones of the camp to act on my behalf for said minor in granting permission for evaluation/treatment of minor medical problems. I understand that should a major medical problem arise, an attempt will be made to notify me by telephone. In the event that I can not be reached, I hereby give my consent to such medical treatment as deemed necessary by a licensed physician, such as x-ray examinations and anesthesia to be rendered to said minor. In addition, I hereby release the Board of Regents of the University of Nebraska and all its employees from all claims on account of any injuries that may be sustained by my child while attending the Nebraska Wrestling Camps. I also agree to indemnify the Board of Regents of the University of Nebraska and its employees for any claim, which may hereafter, be presented to my minor child as a result of any such injuries. I also grant permission for the Nebraska Wrestling Camp to use photographs of my child for publicity, advertising, or other commercial purposes. This camp admits all qualified applicants without regard to disability, race, color, religion, national or ethnic origin, or sexual orientation.

I HEREBY CERTIFY THAT I HAVE READ AND FULLY UNDERSTAND THIS AUTHORIZATION.

Parent/Guardian Signature _____ Date Signed _____

CAMPER MEDICAL INFORMATION

Medications currently taking: _____
Allergic reactions to: _____

Any past illnesses or other information that would be useful in the event medical treatment is necessary: _____

MUST INCLUDE a copy of the camper's physical form from the 2008-09 school years **OR** have doctor signature and verification of the following:
I hereby certify that (camper's name) _____ is physically fit to participate in an active wrestling program and that I know of no physical impairments which would in any manner limit the camper's participation in such a program.

Doctor's Signature _____ Date Signed _____

PLEASE MAKE CHECKS PAYABLE TO: NEBRASKA WRESTLING CAMPS
A \$100 nonrefundable deposit OR full payment must accompany application

QUESTIONS? call Ellen at (402) 472-9430 or e-mail eshuts@huskers.com Office Fax # (402) 472-2272

TOTAL AMOUNT ENCLOSED \$ _____

MAIL COMPLETED APPLICATION TO:
Nebraska Wrestling Camps
C/O Ellen Shurts
107F Devaney Sports Center
Lincoln, NE 68588-0652

CAMPER CHECKLIST:
____ Completed Application
____ \$100 Deposit or Full Payment
____ Physical Form or Dr. Signature

OFFICE USE ONLY:
Date Received _____
Amount Received _____
Check Number _____
Physical/Doctor _____

A COPY OF THIS APPLICATION IS AS VALID AS THE ORIGINAL

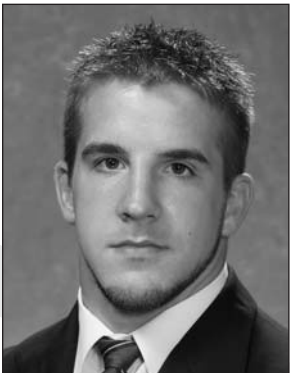
CAMP CLINICIANS
for ALL Nebraska Wrestling Camps



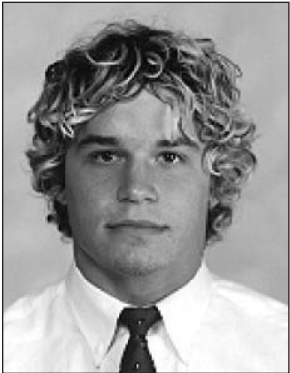
MARK MANNING
Head Coach, UNL
23 All Americans as Head Coach
2X Div. II National Champion
World Team Coach
1993, 1995, 1997, 1998, 1999
Ass't. Coach Olympic Team
1996, 2000



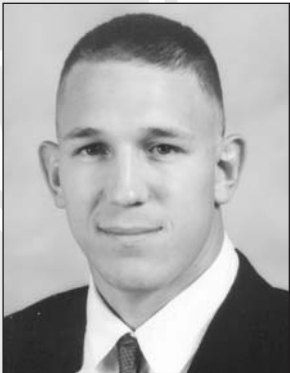
TONY ERSLAND
Assistant Coach
Member of 3 National
Championship Teams (Iowa)



TRAVIS PAULSON
3X All-American
3rd Place Finish 2008 Olympic Trials



BRYAN SNYDER
4X All-American
4X Big 12 Champion
2X NCAA Finalist



MIKE GREENFIELD
Head Assistant Coach, UNL
2-time All American
(Central Michigan)
3-time Mid American
Conference Champion

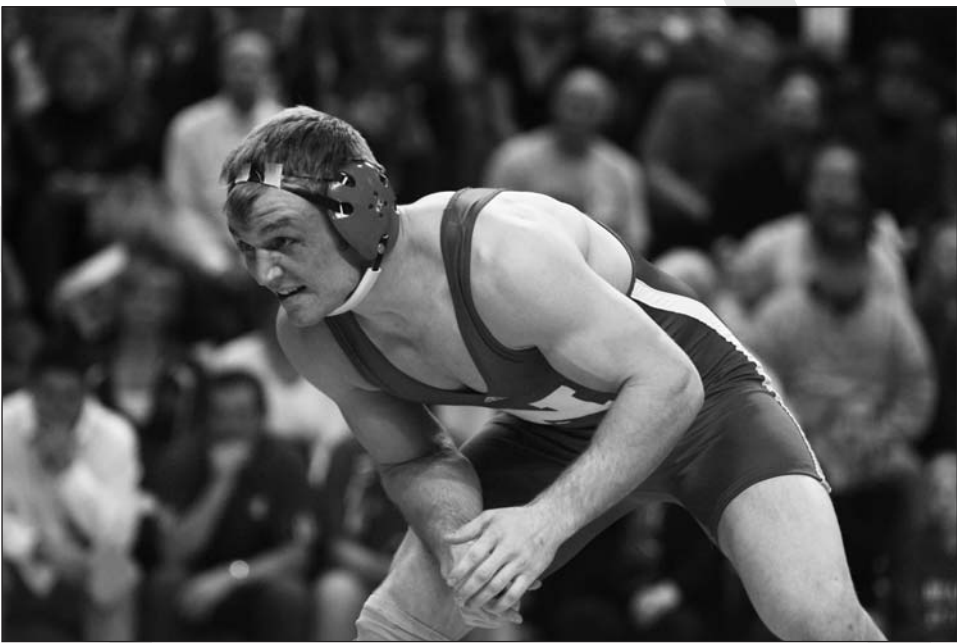


TONY DAVIS
NCAA Champion in 2000
NCAA Runner Up in 1999
2X Junior College National
Champion
2X US Open Place Winner
3rd in the World Team
Trials in 2003



TRENT PAULSON
3X All-American
NCAA Champion 2006
3rd Place Finish 2008
Olympic Trials

COUNSELORS
Nebraska Wrestling Team



Craig Brester, 2009 Camp Counselor

Patrick Aleksanyan – Santa Ana, CA

Craig Brester – Howells, NE

Brandon Browne – Plattsmouth, NE

Cameron Browne – Plattsmouth, NE

Jon Burns – Apex, N.C.

Jordan Burroughs – Sicklerville, NJ

Hadley Cooksley – Alda, NE

Romero Cotton – Hutchinson, KS

Stephen Dwyer – Rockton, IL

Ross Grande – Palatine, IL

Chris Hacker – El Reno, OK

Josh Ihnen – Sheldon, IA

Andy Johnson – Yankton, SD

Vince Jones – Sicklerville, NJ

Ridge Kiley – Eagle Grove, IA

Tyler Koehn – Pittsburg, KS

Tucker Lane – Redvale, CO

Brian Litch – Wayzata, MN

Livingston Lukow – Lincoln, NE

Andrew Pokorny – Bennington, NE

Peter Roto – Palatine, IL

Curtis Salazar – Greeley, CO

Paul Sanders – Blanding, UT

Robert Sanders – Blanding, UT

Ethan Studebaker – Raymond, NE

Alex Thomas – McDonald, KS

Matt Vacanti – Papillion, NE

Alex Ward – Davidsonville, MD

Levi Wofford – Aurora, NE

Nebraska Wrestling Camps for wrestlers ages 10-senior in high school.
The Nebraska Wrestling Camps admit all qualified applicants without regard to disability,
race, color, sex, religion, national or ethnic origin.