

## 2011 NC-SC INDIVIDUAL WRESTLING CAMP

### AGES 6-18 (K-12)

#### Individual Technique

##### Goals:

- 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.
- Participant(s) will learn how to apply wrestling principles in order to be successful in life by Coach Bill Lam.

##### Opportunities Provided:

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

## Instructors

Bill Lam



Jim Barnes



T. J. Jaworsky



Jerry Honeycutt



## Instructors:

### Bill Lam

Head coach at UNC for 30 years. His record includes 378 wins, 5 NCAA champs, 37 All-Americans, 15 ACC titles, 93 ACC champs, and 9 ACC Coach Of The Year honors. He led UNC to 30 NCAA tournament appearances and finished in the top 20 on 14 occasions. He was named Wrestling's Man Of The Year and NCAA Coach Of The Year. He is a member and national representative of the National Wrestling Hall Of Fame. He was a Three-Time All-American at Oklahoma University. He is a great clinician and motivational speaker.

### 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-2<sup>nd</sup> 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:

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

### From Columbia, SC:

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

2011 NC-SC  
INDIVIDUAL  
WRESTLING  
CAMP



## Eligibility:

Ages 6-18 (K-12)

**Dates:** Wednesday June 22, 2011

**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, Advanced 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, Advanced 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), Advanced 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  
Advanced moves

## Individual 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:

**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 1:00 pm.

## Special Thanks To The Following Sponsors:

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

## 2011 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:

Number of Year(s) Attending NC-SC 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 #

Parent's E-Mail Address

( ) \_\_\_\_\_

### 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 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: \_\_\_\_\_