



Adams State University Wrestling  
 208 Edgemont Blvd.  
 Alamosa, CO 81101

Non-Profit  
 Organization  
 U.S. Postage  
**PAID**  
 Adams State  
 College  
 Permit 80

# COOL SUNSHINE WRESTLING

**Technique Camp  
 June 21-23**

**Team Duals  
 June 23-24**

**2017 CAMPS**



# Adams State University

## COOL SUNSHINE WRESTLING CAMP REGISTRATION FORM

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

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Email: \_\_\_\_\_

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

High School \_\_\_\_\_

Weight \_\_\_\_\_

**Please return form and \$50 NONREFUNDABLE**

**Deposit to:**

Adams State University  
 Wrestling Office  
 Alamosa, CO 81101  
 Make Checks Payable to:  
 Adams State Wrestling

Register at [www.grizzlywrestlingcamsp.com](http://www.grizzlywrestlingcamsp.com)  
 \*Additional fee applies\*

### TECHNIQUE CAMP REGISTRATION

Resident (Dorm and Meals) **\$225**  
 Commuter with Meals (Lunch & Dinner) **\$175**  
 Commuter no Meals **\$100**

T-Shirt Size: Y M YL S M L XL XXL

### TEAM DUAL REGISTRATION

Team Dual Participant **\$50**  
 Duals w/ Meal Plan (3 Meals) **\$80**  
 Duals w/ Meals and Dorm **\$100**

### **ATTEND BOTH CAMPS AND SAVE**

BOTH TECHNIQUE CAMP AND TEAM DUALS (Resident)  
 (Technique camp & team with 1 night and 4 meals)  
 BOTH TECHNIQUE CAMP AND TEAM DUALS (Commuter w/meals)  
 BOTH TECHNIQUE CAMP AND TEAM DUAL (Commuter no meals)

**\$275**  
**\$200**  
**\$125**

\*Coaches with 10 or more athletes stay free. For every additional 5, another assistant stays free. Additional coaches can be attend at a discounted rate.

Parental Waiver (to be signed by ALL Campers) I certify that my child is in good health and may participate in all camp activities. In case of an emergency, I grant permission for treatment to be given at the local hospital; any expense will not be the responsibility of ASU.

PARENT NAME \_\_\_\_\_

EMERGENCY PHONE # \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

INSURANCE COMPANY \_\_\_\_\_

POLICY NUMBER \_\_\_\_\_

# COOL SUNSHINE TECHNIQUE CAMP JUNE 21ST-23RD

Come learn from techniques and skills from the Adams State University wrestling coaches and wrestlers. Learn cutting edge technique that will keep you ahead of your competition.

Current Adams State Wrestlers, will work as Camp Councilors and assist in all aspects of camp.



Jason Ramstetter

- Head Coach Adams State Wrestling
- National Coach of the Year 2013
- DI All American



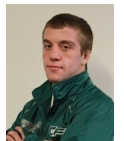
Sonny Yohn

- 3X Division I All American
- 3X High School State Champion
- High School All American



Cody "Spider" Yohn

- Division I All American
- 3X High School State Champion



Jerry Huff

- 2X Division II All American
- High School All American



Arsenia Barksdale

- Division II National Champion
- 4X Division II All American
- ASU assistant coach
- Granby System instructor

**COME TRAIN WITH COLORADO'S ALL  
TIME GREATS!**

# TECHNIQUE CAMP SCHEDULE

## Wednesday June 21

12:00-1:00 p.m.	Check-in (Plachy Hall)
1:30-4:30 p.m.	Session I
5:00-6:00 p.m.	Dinner
6:30-8:30	Session II
8:30-10:00 p.m.	Recreation/Free Time
10:00 p.m.	In Room
11:00 p.m.	Lights Out

## Thursday June 22

7:30-8:30 a.m.	Breakfast
9-11:30 a.m.	Session I
12:00-1:00 p.m.	Lunch
1:30-4:30 p.m.	Session II
5:00-6:00 p.m.	Dinner
6:30-8:30 p.m.	Session III
8:30-10:30 p.m.	Recreation/Free Time
10:00 p.m.	In Room
11 p.m.	Lights Out

## Friday June 23

7:30-8:30 a.m.	Breakfast
9 a.m.-12 p.m.	Session I
11:30 a.m.	Camp Dismissed

Technique camp is designed for ages 12 and up. Wrestlers under the age 12 should have at least 2 years of wrestling experience.

Can't make it to camp? Bring the camp to you. Satellite camps can be arranged to come to your school.



# COOL SUNSHINE TEAM DUALS JUNE 23RD-24TH

Summer wrestlers, make winter champions. Cool Sunshine Duals is an excellent way to pick up a lot of matches in a short amount of time. Cool Sunshine Duals are limited to 20 teams. Dual meets will be held at the Adams State field house and gymnasium.

Last year, 18 teams from 5 different state participated in the duals. The total number of duals per team will depend on total number of teams.

### Weight Classes:

90, 95, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

### Matches

Matches will consist of 2-1-1 periods.

### Ages

Wrestlers 7th-12th grade are welcome to attend.

### Room & Board

An optional room and board package is available through the college offering a dorm room Friday night, and three meals for an additional cost. Teams with a coach are welcome to stay in the gym free of charge. Grass fields are available for tents as well. If you prefer to stay at a hotel please contact Jason Ramstetter for options.



# TEAM DUAL SCHEDULE

## FRIDAY JUNE 23

10:00-12:00 p.m.	Check-in (Plachy)
1:00-6:00 p.m.	Session I
6:00-6:30 p.m.	Dinner
6:30-10:30 p.m.	Session II
11:00 p.m.	In Room/Lights Out

## SATURDAY JUNE 24

7:00-8:00 a.m.	Breakfast
8:30-1:00 p.m.	Session III
1:00-2:00 p.m.	Lunch
2:00-Conclusion	Session IV
Camp Conclusion & Check out	

**\*Schedule is tentative depending on number of teams.**

\*Teams wishing to arrive early, or stay late need to check with Jason Ramstetter prior.

**Coaches interested in  
bringing a team, please  
call or email to confirm  
your spot .**

**For more information or  
questions please contact  
Jason Ramstetter  
Camp Director  
(719) 588-2938  
wrestling@adams.edu  
www.grizzlywrestlingcamps.com**