



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

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

2020 CAMPS



COOL SUNSHINE
WRESTLING

Technique Camp
June 24-26

Team Duals
June 26-27

COOL SUNSHINE WRESTLING CAMP REGISTRATION FORM

Name:

Address

City

State

Zip

Email:

Phone:

High School

Weight:

Grade:

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

Technique camp. Register by 21st to garuantee your shirt

TECHNIQUE CAMP REGISTRATION

Resident (Dorm and Meals) \$275
Commuter with Meals (Lunch & Dinner) \$225
Commuter no Meals \$125

ATTEND BOTH CAMPS AND SAVE!!!

BOTH TECHNIQUE CAMP AND TEAM DUALS (Resident) \$300
BOTH TECHNIQUE CAMP AND TEAM DUALS (Commuter w/meals) \$250
BOTH TECHNIQUE CAMP AND TEAM DUAL (Commuter no meals) \$150

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.grizzlywrestlingcampsp.com
Additional fee applies

TEAM DUAL REGISTRATION

Team Dual Participant \$50
Duals w/ /dorm only \$70
Duals w/ Meal Plan (3 Meals) \$80
Duals w/ Meals and Dorm \$100

*Team with 8 or more, coach stays free.
*Teams of 12 or more get 2 coaches free.
*Additional coaches can be attend at a discounted rate.
*Dorms rooms avialbe prior to or afer camp available for an additional cost.

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 24TH-26TH

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
- Mile High Wrestling Club Coach



Cody "Spider" Yohn

- Division I All American
- 3X High School State Champion
- High School All American
- Mile High Wrestling Club Coach
- Self Taught Ku Fu Black Belt



Jerry Huff

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

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

TECHNIQUE CAMP SCHEDULE

Wednesday June 24

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

Thursday June 25

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

Friday June 26

7:30-8:30AM	Breakfast
9:00-11:30AM	Session I
11:30AM	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.



Visit the Sand Dunes National Park while visiting

COOL SUNSHINE TEAM DUALS JUNE 26TH-27TH

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 24 teams. Dual meets will be held at the Adams State field house and gymnasium.

Last year, 21 teams from 6 different state participated in the duals. The total number of duals per team will depend on total number of teams.

Individuals are welcome to attend duals. We will place individuals on teams in need of that weight

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. If you prefer to stay at a hotel please contact Jason Ramstetter for options.



TEAM DUAL SCHEDULE

FRIDAY JUNE 26TH

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

SATURDAY JUNE 27TH

6:30-8:00AM	Breakfast
8:30-12:00PM	Session III
12:00PM	Lunch
Camp Conclusion & Check out	

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

***Extra nights in dorms prior to, and after are available for teams wishing to arrive early, or stay late for additional cost. Please contact Jason Ramstetter prior for details.**

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**