



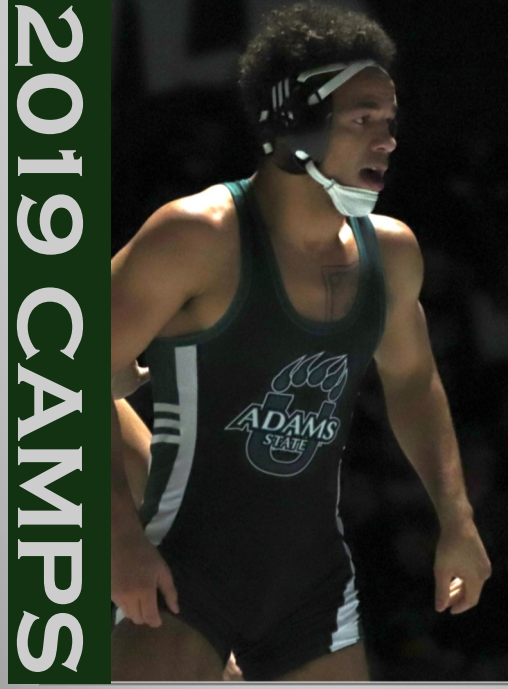
Adams State University Wrestling  
 208 Edgemont Blvd.  
 Alamosa, CO 81101

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

**Team Duals**  
**June 28-29**

**COOL SUNSHINE  
 WRESTLING**

**Technique Camp**  
**June 26-28**



**2019 CAMPS**

**Adams State  
 University**

**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 guarantee 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**

**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 available prior to or after camp available for an additional cost.

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\*

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

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

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

DATE \_\_\_\_\_

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

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

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.

# COOL SUNSHINE TECHNIQUE CAMP JUNE 26TH-28TH

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



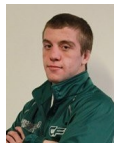
Sonny Yohn

- 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 26

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 27

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 28

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.

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 28TH-29TH

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



# TEAM DUAL SCHEDULE

## FRIDAY JUNE 28TH

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 29TH

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 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**