



Experience the UW-La Crosse Wrestling Tradition

- 14 Consecutive WIAC Conference Championships
- 7 Consecutive Top-5 NCAA National Finishes
- 18 NCAA National Champions
- 26 NCAA Finalists
- 84 NCAA All-Americans
- 77 NCAA Academic All-Americans



For more information about our camp programs:

Visit our website at:

www.uwlcamps.com

or

Contact the Camps Office at 608-785-8676

Camp Staff

All UW-L wrestling camps will be directed by sixth year head coach Dave Malecek. He has led the Eagles to top-three finishes at the National Collegiate Athletic Association (NCAA) Division III Championships in each of his first five seasons. UW-L placed second in 2008 and 2010 and third in 2007, 2009 and 20011. He was named the 2007 NCAA Rookie Coach of the Year. Malecek has also guided UW-L to five straight Wisconsin Intercollegiate Athletic Conference (WIAC) titles and been selected the Mertz Mortorelli WIAC Coach of the Year each season. The Eagles, who are 79-15-1 in duals under Malecek, have won 14 consecutive conference crowns. UW-La Crosse assistant coaches and members of the UW-L wrestling team will also serve as instructors and camp counselors.



Head Coach
Dave Malecek



Registration, Lodging and Meals

The registration fee for resident campers is \$350 for the Eagle Elite and Big Man Camp, \$325 for the Eagle Excellence camp and \$300 for the Team Camp. Resident fees include the wrestling program, all meals, housing, camp T-shirt, and other activities as detailed in this brochure. Campers are housed two to a room in Eagle Hall, a brand new state-of-the-art residence hall featuring air-conditioning, semi-private bathrooms, and multiple lounge areas for campers. If you have a roommate preference, be sure to indicate that person's name on the registration form. Commuters pay \$250 for the Eagle Elite and Big Man Camp, \$225 for the Eagle Excellence Camp and \$200 for Team Camp. Commuter fee includes lunch daily. A \$50 non-refundable deposit must accompany all registration forms. The balance for all registrations is due at check-in. The registration deadline is one week prior to camp. You will receive confirmation of your registration and check-in details at least two weeks prior to the start of your camp. **Registrations completed prior to May 1, 2012 will receive \$25 off their total registration fees.**

Registration form - Please print clearly

2012 UW-L Eagle Elite, Excellence, and Big Man Camp

Wrestler Name _____

Address _____

City _____ State _____ ZIP _____

Grade Entering _____ Birthdate _____ Weight _____

Roommate Preference _____

(Resident campers only)

Emergency Contact _____

Phone _____ (H) _____ (C)

Email _____

The camp I wish to attend is:

Eagle BIG MAN Camp (July 9-12) _____ \$350 Resident
 _____ \$250 Commuter

Eagle ELITE Camp (July 9-12) _____ \$350 Resident
 _____ \$250 Commuter

Eagle EXCELLENCE Camp (July 9-12) _____ \$325 Resident
 _____ \$225 Commuter

T-shirt size (circle one): YS YM YL YXL S M L XL XXL

Amount Enclosed: \$ _____

Minimum of \$50 non-refundable deposit must accompany registration form. If paying full amount, and prior to May 1, deduct \$25 from total registration fee. Make check or money order payable to: UW-La Crosse. Or register online via credit card at:

www.uwlcamps.com

Online registration is provided by My Online Camp. Online service charges apply and are NOT refundable by UW-La Crosse.

Mail payment and completed registration form to:

UW-La Crosse Athletic Camps & Clinics

25 Mitchell Hall

La Crosse, WI 54601

Registration form - 2012 UW-L Eagle Team Camp
To be completed by Team Coach/Representative

Team/School _____

Coach/Representative Name _____ t-shirt size _____

Cell Phone _____ E-mail _____

Preferred Mailing Address _____

City _____ State _____ ZIP _____

Additional Coach _____ t-shirt size _____

Camp Participants

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | 16. _____ |
| 17. _____ | 18. _____ |
| 19. _____ | 20. _____ |

_____ **Resident Team:** \$100/coach
\$300/camper (1-10 campers)
\$275/camper (11 or more campers)

_____ **Commuter Team:** \$50/coach
\$200/camper (1-10 campers)
\$175/camper (11 or more campers)

Total payment due: \$ _____ Amount Enclosed: \$ _____

Minimum of \$50/camper deposit must accompany registration form. Balance due at check-in. If paying full amount, and prior to May 1, 2012, deduct \$25/camper from total registration fees. Coaching fees must be paid in full. Make checks payable to: UW-La Crosse.

Mail payment and completed registration form to:
UW-La Crosse Athletic Camps & Clinics
25 Mitchell Hall
La Crosse, WI 54601



www.uwlcamps.com

**University of Wisconsin-La Crosse
WRESTLING CAMPS 2012**



July 6-9, 2012
High School TEAM camp

July 9-12, 2012
EXCELLENCE Camp - Grades 3-12
BIG MAN Camp - Grades 9-12
ELITE Camp - Grades 7-12

Discounts for early registration!

Air conditioned facilities!



2012 UW-La Crosse Wrestling Camps

The UW-La Crosse wrestling staff has developed camps to help you work toward becoming the best wrestler you can be. The camps will focus on the Midwest Style of wrestling, to incorporate an aggressive brawling style with constant action, combined with mental toughness and sound technique. These camps will emphasize how to defeat your opponent, both physically and mentally. All camp sessions and housing will be in AIR CONDITIONED facilities.

High School TEAM Camp July 6-9

Open to high school wrestling teams
Limited to 18 teams. Res. fee: \$300, Com. fee: \$200

This camp will be conducted to benefit your wrestlers and coaches from a competitive standpoint, as well as a technical one. Team Camp is a great opportunity to get a combination of daily technique with several daily dual meets against team from across the Midwest.

EXCELLENCE Camp July 9-12

Open to wrestler's entering grades 3-12
Limited to 100 campers. Res. fee: \$325, Com. fee: \$225

UW-L coaches and wrestlers teach campers the technique and style that have helped them be successful. Campers will participate in team building activities in addition to learning wrestling skills. This camp is a great way to gain exposure to wrestling while enjoying a stay at the UW-L campus.

BIG MAN Camp July 9-12

Open to wrestler's 171 on up & entering grades 9-12.
Limited to 30 campers. Res. Fee: \$350, Com. fee: \$250

This camp is designed for wrestlers from 171 pounds to heavyweight. Clinicians will be current UW-La Crosse upper weight wrestler's and NCAA All Americans. We emphasize modified technique for the Big Man. Formal instruction, intensive supervised drills, Big Man Tournament and several hours of daily mat time. Upper weights wrestle differently — let us give you the edge.

ELITE Camp July 9-12

Open to wrestler's entering grades 7-12.
Limited to 75 campers. Res. Fee: \$350, Com. Fee: \$250

This camp is designed for dedicated wrestler's who are willing to go the extra mile. It focuses on both the physical and mental skills necessary to be a champion. Participants will be exposed to a variety of wrestling styles and moves in a structured, high intensity environment with top wrestlers from all over the Midwest. Additionally, experienced UW-L collegiate camp clinicians will stress the importance of in-season and off-season workouts and training through weight lifting, running, nutrition and more. They will also focus on developing the toughness, intensity, and self-confidence that is necessary for victory. Guest clinicians and specialists are also important features of camp, providing information on such subjects as stress management and relaxation techniques, nutrition for competition and strength training. This camp is recommended for state qualifiers and wrestler's with extensive varsity experience.