

Eagle TEAM Camp

Our team 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 teams from across the Midwest. Each team will be assigned a team coach from the UW-L roster who will help coach during duals and instruct technique each day. All areas of wrestling will be covered from technique to mental training to nutrition. Many camps only provide sessions consisting of technique and drilling. To better prepare you for the season, our camp incorporates activities that help foster camaraderie among teammates, as well as instill confidence and improve one's self-esteem — all of which will make you a more complete wrestler. Individual campers should **NOT** send in registration forms. Interested coaches should fill out one registration form or contact Coach Malecek or the camps office to arrange a spot in camp for your team.

TEAM Camp June 15-18

Open to wrestler's entering grades 7-12

Limited to 18 teams. Res Fee: \$300, Com Fee: \$175

Held on the UW-L campus. Each team will have access to the swimming pool, climbing wall, and strength and conditioning facilities and will also participate in team building activities.



Location

Camps are held on the UW-L campus, located in a residential area of the city. All entrances to La Crosse have directional signs to campus. La Crosse is easily accessible by car (I-90), bus (Greyhound), train (Amtrak), and plane (Northwest and Midwest Express).

What to Bring

Residents campers should bring a blanket, pillow, electric fan, towels, several sets of workout clothes, sweats for early morning runs, casual clothing, swimsuit, personal items and some spending money. UW-La Crosse will furnish two sheets and a pillowcase.

Camp Staff

All UW-L wrestling camps will be directed by third year head coach Dave Malecek. Under Coach Malecek, the Eagles finished third at the NCAA Championships in 2007 and second in 2008. He has a dual match record of 34-3 at UW-L, and has led the team to the Wisconsin Intercollegiate Athletic Conference championship in each of his first two seasons, and was also selected the WIAC coach of the year in both 2007 and 2008. 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 \$325 for the Eagle Elite and Big Man Camp and \$300 for Team Camp and for the Eagle Excellence 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 campus residence halls, which are supervised by counselors and coaches. If you have a roommate preference, be sure to indicate that person's name on the registration form. Commuters pay \$225 for the Eagle Elite and Big Man Camp, \$200 for the Eagle Excellence Camp, and \$175 for the Team camp. This fee includes lunch daily. A \$50 non-refundable deposit must accompany all registration forms. The balance for all registration is due at check-in. The registration deadline is one week prior to the start of the camp. After that date, call (608) 785-6544 to check availability. You will receive confirmation of your registration and check-in details three weeks prior to the start of your camp. Coaches interested in team camp will be required to submit a \$500 deposit per team to hold a spot in camp.

Health Insurance

All camp participants are covered by the UW system's limited insurance for injuries sustained during supervised camp activities. However, UW-La Crosse is not liable for medical expenses incurred that are not covered by this insurance policy and, therefore, encourages participants to have their own health insurance. All camps will have first aid personnel at every session of camp.

For more information about our camp programs:

Visit our website at:

www.uwlcamps.com

or

Contact Coach Dave Malecek at (608) 785-8184

email: malecek.davi@uwlax.edu

2009 UW-L Wrestling Camps Registration form

please print clearly

Wrestler or Coach's Name _____

Address _____

City _____ State _____ ZIP _____

Email _____

School _____

Grade Entering _____ Birthdate _____ Weight _____

Roommate Preference _____
(Resident campers only)

Emergency Contact _____

Phone _____ (H) _____ (C)

The camp I wish to attend is:

_____ Eagle BIG MAN Camp (July 13-16)

\$325 Resident; \$225 Commuter

_____ Eagle ELITE Camp (July 13-16)

\$325 Resident; \$225 Commuter

_____ Eagle EXCELLENCE Camp (July 13-16)

\$300 Resident; \$200 Commuter

I will attend as a _____ Resident Camper _____ Commuter

_____ Eagle TEAM Camp 1 (June 15-18)

\$500 deposit required per team

\$300 per resident camper; \$175 per commuter camper

Amount Enclosed: \$ _____ (Minimum of \$50 non-refundable deposit must accompany registration form) Make checks payable to: UW-La Crosse. Or register online via credit card at:

www.uwlcamps.com

Online registration is provided by Camp Registry. Online service charges apply and are not refundable.

Mail payment and completed registration form to:

UW-La Crosse Athletic Camps & Clinics

25 Mitchell Hall

La Crosse, WI 54601



University of Wisconsin-La Crosse
 UW-L Athletic Camps Office
 25 Mitchell Hall
 La Crosse, WI 54601

UW-LA CROSSE WRESTLING CAMPS 2009

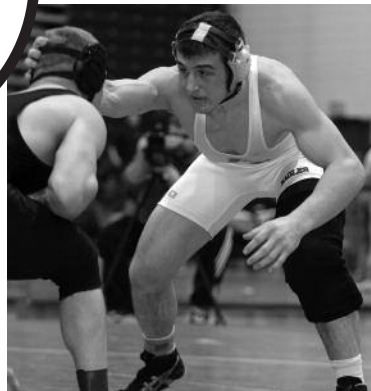
UW-La Crosse is an affirmative action/equal opportunity employer and is in compliance with Title IX and Section 504. Advise us at time of registration if you desire special accommodations. Requests will be kept confidential.

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University of Wisconsin-La Crosse WRESTLING CAMPS 2009

UW-LA CROSSE WRESTLING CAMPS 2009



2009 Camp Schedule

TEAM Camp
 June 15-18, 2009
 Grades 7-12

EXCELLENCE Camp
 July 13-16, 2009
 Grades 3-12

BIG MAN Camp
 July 13-16, 2009
 Grades 9-12

ELITE Camp
 July 13-16, 2009
 Grades 7-12

Experience the UW-La Crosse Wrestling Tradition (since 1992)

Conference Champions

1992 2nd • 1993 2nd • 1994 1st • 1995 2nd 1996 2nd 1997 2nd
 1998 1st • 1999 1st • 2000 1st • 2001 1st 2002 1st 2003 1st
 2004 1st • 2005 1st • 2006 1st • 2007 1st 2008 1st

NCAA National Finishes

1992 33rd • 1993 6th • 1994 6th • 1995 12th
 1996 4th • 1997 8th • 1998 3rd • 1999 14th • 2000 6th
 2001 2nd • 2002 4th • 2003 8th • 2004 7th • 2005 4th
 2006 2nd • 2007 3rd • 2008 2nd

**12 National Champions and 17 Finalists •
 68 All-Americans and 66 Academic All-Americans**

2009 UW-La Crosse Wrestling Camps

The UW-La Crosse wrestling staff has developed four 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.

EXCELLENCE Camp July 13-16

Open to wrestler's entering grades 3-12

Limited to 100 campers. Res. fee: \$300, Com. fee: \$200

This camp features collegiate coaches and wrestler's from the nationally known UW-La Crosse Eagles. Learn from the best. This is a unique group of coaches and wrestler's that bring to you the technique and style that have helped them be successful. This camp is a great way to gain exposure to wrestling while enjoying a stay at the UW-L campus. In addition to learning wrestling skills, participants will take part in other team building activities throughout the day including swimming, rock climbing on the indoor wall and more.

BIG MAN Camp July 13-16

Open to wrestler's 171 on up & entering grades 9-12.

Limited to 30 campers. Res. Fee: \$325, Com. fee: \$225

This camp is designed for the "Big Man", from 171 pounds to the heavyweight. You will learn from UW-La Crosse's most successful heavyweights what it takes to be a great "Big Man" on the mat! This camp includes daily competition, instruction, hard drilling. 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 13-16

Open to wrestler's entering grades 7-12.

Limited to 75 campers. Res. Fee: \$325, Com. Fee: \$225

This camp specializes in all aspects of the sport of wrestling and is designed for dedicated wrestler's who are willing to go the extra mile to become the elite wrestler. 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 wrestler's from all over the Midwest. Additionally, experienced UW-L collegiate camp clinicians will stress the importance of in- 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 this 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 varsity experience.