

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 • 2009 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 • 2009 3rd

14 National Champions and 17 Finalists
73 All-Americans and 70 Academic All-Americans



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.

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.

Camp Staff

All UW-L wrestling camps will be directed by fourth 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 three seasons. UW-L placed third in 2007 and 2009 and second in 2008. He was named the 2007 NCAA Rookie Coach of the Year.

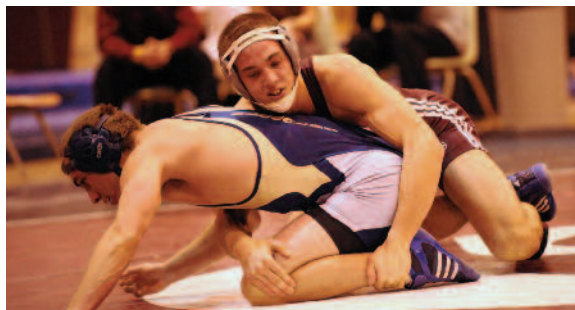


Head Coach
Dave Malecek

Malecek has also guided UW-L to three straight Wisconsin Intercollegiate Athletic Conference (WIAC) titles and been selected the Mertz Mortorelli WIAC Coach of the Year each season. The Eagles, who are 53-9 in duals under Malecek, have won 12 consecutive conference crowns. UW-La Crosse assistant coaches and members of the UW-L wrestling team will also serve as instructors and camp counselors.

Registration, Lodging and Meals

The registration fee for resident campers is \$325 for the Eagle Elite and Big Man Camp and \$300 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, and \$200 for the Eagle Excellence 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.



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

2010 UW-L Wrestling Camps Registration form

please print clearly

Wrestler 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 6-9)

\$325 Resident; \$225 Commuter

_____ Eagle ELITE Camp (July 6-9)

\$325 Resident; \$225 Commuter

_____ Eagle EXCELLENCE Camp (July 6-9)

\$300 Resident; \$200 Commuter

I will attend as a _____ Resident Camper _____ Commuter

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 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



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

UW-LA CROSSE WRESTLING CAMPS 2010

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.

Non-profit Org.
 U.S. Postage
PAID
 La Crosse, Wis.
 Permit No. 545



University of Wisconsin-La Crosse WRESTLING CAMPS 2010

UW-LA CROSSE WRESTLING CAMPS 2010



2010 Camp Schedule

EXCELLENCE Camp

July 6-9, 2010
 Grades 3-12

BIG MAN Camp

July 6-9, 2010
 Grades 9-12

ELITE Camp

July 6-9, 2010
 Grades 7-12



2010 UW-La Crosse Wrestling Camps

The UW-La Crosse wrestling staff has developed three 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 6-9

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 6-9

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 6-9

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.