

PAT WHITCOMB, Camp Director



Whitcomb is in his 15th year as NIC's head coach and has led NIC to three national team championships. He was named coach of the year in 1999 and 2001 and is one of the top coaches in college wrestling. Whitcomb was a two-time NIC national champion and was named outstanding wrestler of the NJCAA Tournament.

KERI STANLEY, NIC Assistant Coach



Stanley is an NIC assistant coach and a 2003 NJCAA national champion and 2002 national runner-up. Stanley wrestled at the University of Minnesota for a year before completing a bachelor's degree in university studies from Dickinson State University in North Dakota where he also served as an assistant coach.

JUSTIN ABDOU, 2000 Canadian Olympic Team



Abdou was a four-time NAIA national Champion for Simon Fraser University where he is head coach. He is a member of the Canadian World Team. He was 7th in the 1994 World Championships and has won eight Canadian national titles.

HEINRICH BARNES, Olympian



Barnes competed in the Beijing Olympics in 2008. Barnes was a two-time All-American at North Idaho College and a national champion in 2007. Barnes also is a South African national champion as well as Division 1 All-American in 2009.

SHAUN WILLIAMS, Olympian



Williams is from Pretoria, South Africa, and competed in the Athens Olympics in 2004. Williams was a two-time All-American at North Idaho College and a national champion in 1999. Williams also is a South African national champion.

All clinicians are scheduled to attend. If circumstances beyond our control arise, NIWC will not be held responsible.

CLARISSA CHUN, Olympian

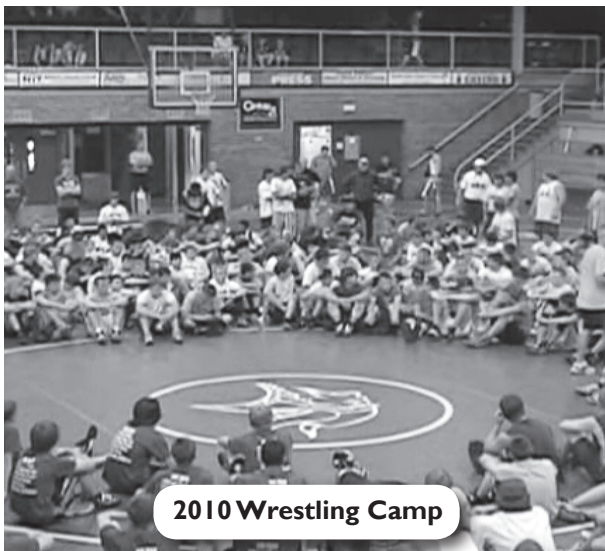


Chun was the 2008 World Champion and placed fifth in the 2008 Beijing Olympics. She is a two-time United States World Team member and was a participant in the World Championships in 2000 and 2008. Chun was a United States national champion in 2006 and 2009 and was a U.S. Nationals runner-up in 1999, 2000, 2003, and 2004. She is currently ranked No. 1 for Team U.S.A. at 48 KG.

LYNDSAY BELISLE, Olympian



Belisle is an eight-time Canadian national champion and an assistant coach for the Simon Fraser University women's wrestling team. She's a five-time, top-five finisher at the World Championships and was a World silver medalist in 2006, World University Games silver medalist in 2005, and a 2004 Olympian. She also won a gold medal at the women's World Cup and the Pan Am Games and competed in the first women's Olympic match in Athens in 2004.



2010 Wrestling Camp

2012

NORTH IDAHO WRESTLING CAMPS

at NORTH IDAHO COLLEGE



CAMP 1: JUNE 23-27	\$350
CAMP 2: JUNE 28-JULY 2	\$350
CAMP 3: JULY 8-11	\$295
(\$250 for commuters)	

On the beautiful shores of Lake Coeur d'Alene.

3 Weeks • 5 Olympians



Camp Director: Pat Whitcomb
Two-time NJCAA Coach of the Year

CAMP PHILOSOPHY

This is the largest wrestling camp in the Pacific Northwest. We've continued to grow because of our reputation for providing quality instruction and a fun atmosphere. Quality clinicians are hired each year and this year's staff includes five Olympians. The teaching sessions will include all levels of collegiate-style wrestling with special emphasis on takedowns. The camp concludes with a takedown tournament on the last night that is open to the public.

CAMP 1: JUNE 23-27 (high school only)

CAMP 2: JUNE 28-JULY 2 (high school only)

This team camp has limited space. Three sessions of wrestling will be held each day. The morning session is technique instruction, followed by two duals in the afternoon and evening sessions. A team champion will be determined following pool competition.

Each team will consist of approximately 15 weight classes. Extra team members will be placed on teams that are short on weight classes. In just one week, campers receive nearly half the live match competition they'll receive in a full high school season.

CAMP 3: JULY 8-11 (K-8th and girls camp)

This camp includes two technique sessions daily followed by one session of dual competition. Teams are chosen based on weight and age.

FACILITIES

We're very excited about the quality of rooms and food service that are provided in NIC's new Residence Hall. Wrestling sessions take place in NIC's Christianson Gymnasium with more than 8,000 square feet of mats. Additional facilities include a weight-lifting room, soccer fields, and tennis courts. The Residence Hall*, gym, and food services are all located close by.

* Female campers must attend Camp 3.

COST

Cost is \$350 (commuter rate \$250) each week for Camp 1 or 2, and \$295 (commuter rate \$195) for Camp 3 which includes a t-shirt and room and board. **Coach's rate** is \$150 with four or less wrestlers enrolled; \$100 with at least five wrestlers enrolled; or free with at least 10 wrestlers enrolled. The last meal is breakfast before check out on the last day.

LOCATION

We're located on the beautiful shores of Lake Coeur d'Alene, one of the top camp locations in the United States. Swimming and going to the beach between sessions makes for a great camp experience. The camp is located 35 miles east of Spokane, Washington, in Coeur d'Alene, one of the nation's outstanding vacation destinations. Silverwood Theme Park is a 20 minute drive away.

CAMP SCHEDULE

7:30-8:30 a.m. Breakfast	4-5 p.m. Free time & rec
9-11 a.m. Session I	5-6 p.m. Dinner
11:30-1 p.m. Lunch	7-9 p.m. Session III
12:30-2 p.m. Recreation	10:30 p.m. In rooms
2-4 p.m. Session II	11 p.m. Lights out

CHECK IN

- North Idaho College Residence Hall located in the middle of NIC's campus.
- 1-4 p.m. June 23, June 28, or July 8.
- Transportation is provided to and from Spokane for campers coming by train or plane.
- First meal is at 5 p.m. after check in.
- First session is at 7 p.m. on the first night of camp.
- Campers should be picked up at the NIC Residence Hall at 11 a.m. on the last day of camp.

Clip and save

WHAT TO BRING

Sleeping bag, pillow, towels, toiletries, workout gear, and wrestling shoes. Casual play clothes, warm jacket, swim suit, softball glove, spending money for snacks, t-shirts, etc. Head gear is optional.

MEDICAL INSURANCE

Each camper is responsible for their own insurance. No one will be admitted to the camp without a signed emergency release including an insurance policy number (on application form).

ADDITIONAL INFORMATION

Dates: June 23-27, June 28-July 2, July 8-11

Location: North Idaho College,
Coeur d'Alene, ID 83814

Director: Pat Whitcomb, Office: (208) 769-7870
Cell: (208) 755-1634
Email: pwhitcomb1@me.com

Application Form for North Idaho Wrestling Camp 2012

WHICH WEEK? June 23-27 June 28-July 2 July 8-11 Commuter

Name _____ Age _____ Weight _____

Email Address _____

Name of School _____ Emergency Phone No. _____

In case of injury or illness, necessary emergency treatment is authorized.

Insurance Company: _____ Policy Number _____

I hereby waive and release North Idaho Wrestling Camp from any and all liability and injuries or illness incurred while in camp. I authorize the said camp to act for me in any medical emergency, according to their best judgement.

Home Phone _____ Parent/Guardian Signature _____

NOTE: Don't wait until it's too late. Only a limited number of wrestlers will be accepted. Enclosed is \$175 deposit. (Check or money order is accepted). The balance due \$175 for camps 1 and 2 or a balance due of \$120 for camp 3 will be paid upon my arrival at camp. Deposits are non-refundable. Make checks payable to North Idaho Wrestling Camp. Send application and deposit to North Idaho Wrestling Camp, P.O. Box 2999, Coeur d'Alene, ID, 83816.

T-Shirt size (circle one) Youth S Youth M Youth S Adult M Adult L Adult XL Adult XXL Adult XXXL