

# OWEN WRESTLING

## 2012 CAMPS



*Now* in two great locations!

### MISSOULA COMMUTER CAMP

Missoula, MT

**JUNE 16-19**

\$150 commuter

### EASTERN WASHINGTON UNIVERSITY

Cheney, WA

**JUNE 25-28**

\$285/\$175 commuter

FEATURING JUSTIN RUIZ

2x USA Wrestling Greco Roman Wrestler of the Year



*"Training Champions"*

Owen Team Camp provides half of the live matches in one week that wrestlers would normally receive in one full season of high school competition.



### TECHNIQUE CAMP

- Three technique sessions daily
- Swimming
- Organized games
- Takedown tournament last evening of camp
- Large and small group method of instruction
- Live wrestling after morning session
- Camp store open during camp hours
- We welcome age 10 through grade 12
- Tournament at end of camp

### TEAM CAMP

- Weigh in at check-in
- Official state weight classes, plus a 3 lb. allowance
- Three sessions of wrestling held daily
- Morning session focuses on technique
- Dual meet competitions at afternoon and evening session
- Team champion will be crowned at the end of camp following the weekly pool competition
- Awards will be presented to each member of the winning team
- Each wrestler will compete in an individual takedown tournament on the last evening of camp.

### 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 the application form).

For more information call  
509.926.4263 or cell 509.220.4959

Visit our website at  
[www.owenwrestling.com](http://www.owenwrestling.com)  
Email: [Owenwrestling@gmail.com](mailto:Owenwrestling@gmail.com)

### 2012 OWEN WRESTLING CAMP APPLICATION

I will attend  Missoula Commuter  Eastern Wash. Univ.  Technique Camp  Team Camp  Commuter \$175

June 16-19 \$150 June 25-28 \$285

T-Shirt size (circle one) Men's S M L XL XXL XXXL

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name of School \_\_\_\_\_ Grade \_\_\_\_\_ E-mail \_\_\_\_\_

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

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Cell phone \_\_\_\_\_ Email \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

Enclosed is my deposit. (Check or money order). Deposit fees: EWU Overnight \$150 • EWU Commuter \$100 • Missoula Commuter \$100

The balance due will be paid upon my arrival at camp. Deposits are non-refundable. Make checks payable to Owen Wrestling Camp and mail with application to Owen Wrestling Camp • P.O. Box 486 • Veradale, WA 99037.

After receiving your deposit, we will send you a confirmation email.

## FEATURED CLINICIANS



**JUSTIN RUIZ**, 5th in Greco Roman at 2010 World Championships. Current Assistant Coach at Utah Valley. Justin was a two-time All-American for the University of Nebraska. This six-time World Team Member is a former three-time Utah High School State Champion.



**ANDREW HOCHSTRASSER**, Assistant Coach at Boise State University. An NCAA tournament runner-up in 2011, Andrew placed fourth in the NCAA tournament in 2009. He is a former four-time Utah State Champion, and is currently training as an Olympic hopeful.



**SHANE CUNANAN**, Assistant Wrestling Coach, Luhanigluna High School in Hawaii. Shane placed 6th at the NCAA National Tournament in 2003 for West Virginia University. He is a former Washington State Champion from Central Valley High School.



**SHAUN WILLIAMS**, Assistant Wrestling Coach at Moses Lake High School. Shaun placed 11th at the 2003 World Championships and was an Olympic Team Member for South Africa in the 2004 Olympics in Athens.

## PERMANENT STAFF



**JOHN OWEN**, Camp Director. Head Coach at Central Valley High School and former Head Coach at North Idaho College where he took his teams to eight national junior college team titles. This hall-of-fame coach produced 116 All-American and 35 individual champions in 20 years.



**TOMMY OWEN**, Assistant Coach at George Mason University. Tommy was an NCAA Qualifier in 2004 and 2005 for the University of Minnesota. He was a Junior National Freestyle Champion in 2002, and is a former three-time Washington State Champion and a 2001 National High School Champion.



**BRIAN OWEN**, Boise State University. Brian was a 2009 National Qualifier for BSU and a 2008 member of the Junior Pan-American Team. He was an ASIC National Junior Freestyle runner-up in 2007, a former Cadet National Champion, and a two-time Washington State Champion at University High School.

<b>EWU CAMP SCHEDULE</b>	Team Camp	Technique Camp
Breakfast	7:30-8am	7:30-8am
Session I	9:30-11am	9:30-11:00am
Lunch	11:30am-12:30pm	11:30am-12:30pm
Session II	2pm-4pm	1-2pm
Swimming		2pm-3pm
Organized games	4pm-5pm	4pm-5pm
Dinner	5:30-6pm	5pm-5:30pm
Session III	7:30pm-9:30pm	6pm-7:30pm
Organized activities		7:30-8:30pm
In rooms	10:30pm	10:30pm
Lights out	11pm	11pm

## CLIP AND SAVE FOR EWU CAMP

- Check in: **EWU Morrison Hall** 10am-noon
- Transportation is provided for campers who travel by train, plane, or bus
- First session starts at 2 pm on June 25

## MISSOULA COMMUTER CAMP SCHEDULE

Session 1	9:30am - 11am
Lunch	11am - 12pm
Session 2	12pm - 2pm
Organized games	2pm - 4pm
Session 3	4pm - 5:30pm

## CLIP AND SAVE FOR MISSOULA CAMP

- Check in: **Missoula Sentinel HS** 11am-noon
- First session starts at noon on June 16

## WHAT TO BRING TO EWU CAMP

Sleeping bag, pillow, towels, toiletries, work-out gear, wrestling shoes, casual play clothes, warm jacket, swim suit, softball glove, spending money for snacks, notes, t-shirts, etc. Head gear, singlets, and room fan optional.

## 2012 OWEN WRESTLING CAMPS

### Eastern Washington University

The campus at EWU has been a great location for the past eleven years for Owen Wrestling Camps. The field house at EWU provides an area large enough for twelve full mats. The complex is a perfect venue for team camps.

### Missoula Commuter Camp

901 South Avenue West, Missoula, MT

This will be our third camp in Missoula, Montana. The camp location will once again be Missoula Sentinel High School who's sports complex provides two separate workout facilities for teaching sessions and live wrestling.

### Camp Philosophy

The teaching emphasis at Owen Wrestling Camps has always been takedowns. Over 70% of our teaching instruction during the week-long camp is devoted to takedown technique. Each year, Owen Camp provides our campers with the best clinicians we can find.

### CAMP COSTS

**Missoula Commuter Camp** June 16-19 \$150  
Price includes t-shirt and noon meal

**Eastern Washington Univ** June 25-28 \$285

Price includes wrestling sessions, meals, lodging, and a camp t-shirt. A camp discount of \$5 per person is available for those teams enrolling five or more wrestlers from the same school.

**EWU Commuter rate** June 25-28 \$175  
Price includes t-shirt and noon meal

### Coach rate for EWU

- \$150
- \$100 with five wrestlers enrolled
- FREE with 10 wrestlers enrolled