

TOTAL WRESTLER CLINIC

Being a "Total Wrestler" involves more than just a handful of rock-solid wrestling moves. Technique is a key to success, but successful wrestlers are the "Total Package!"

Learn what it takes to take your wrestling to a whole new level. Develop the mindset to be successful on the mat, in the classroom, in the weight room, and more importantly in LIFE!

Coach Garcia not only teaches you how, but is a role model as an athlete, coach, husband and dad! Learn from one of the BEST Young Coaches in the Nation!!

Presented By Baker University
Head Coach
Cody Garcia

As a wrestler, Cody Garcia was one of the most successful high school and college wrestlers in the history of Kansas Wrestling. Cody wrestled for Hutchinson High School under the direction of his father, Mike Garcia. Cody was a 4-time state placer in and was a 3-time State Champion in 2001-2004.

Garcia was a member of the University of Nebraska Omaha (UNO) wrestling team, winning individual national championships in 2006 and 2008, runner-up in 2010, and finishing third in 2009. His team won National Championships in 2005, 2006, 2009, and 2010.

He was a four-time All-American and Academic All-American, graduating in 2010 with a 147-18 record, the fourth-highest number of all-time career wins at UNO since 1966. His 48 wins as a senior ranked as the second-highest number in school history, and Garcia set new UNO records of 84 career pins and 31 single-season pins.

As a coach, Garcia has been a student-assistant at UNO, an assistant coach at Bethany College, head coach at Bethany College and is in his second year as Head Coach at Baker University. Last season, Coach Garcia had 2 National Champions and his Wildcat Team took 6th in the Nation!

Focus for the Total Wrestler Clinic:

- Proven Technique that will score from the Club to College Level.
- Learn to Drill Proper Technique to Maximize Learning & Performance.
- How to be a Total Wrestler in the Classroom.
- Strength Training, Conditioning and Nutrition for Total Success.
- Learning to Develop the Mindset Necessary for Success at the Highest Level!
- SPECIAL COACHES SESSION during Sunday Lunch. Visit with Coach Garcia about practice organization, wrestler motivation, match analysis and more!

TESTIMONIALS

"He's dynamic and explosive. He's technical. Some guys just have an innate ability to pin their opponents and he has done a lot of that. He can score those big points for you in a dual or a tournament. He's fun to watch and an exciting kind of wrestler - there's always something happening when he's wrestling." UNO Head Coach Mike Denney

"I've found that on the closest teams, the individuals perform the best. Team Power is huge, and Cody has been a big part of that. He's a quiet leader, but leads by example and those are always the best leaders. He's like a coach on the mat, and the guys around him would say they're better because of working out with him every day." UNO Head Coach Mike Denney

"Coach Garcia is an incredible technician. He explains and demonstrates high level and effective skills with the best of them. He is understandable and breaks it down. He shows moves that are high percentage and work from the key positions. His instruction will definitely help you score points." Head Coach Kit Harris, Baldwin HS, 2015 Class 4A Coach of the Year

Read More Online at:

<http://www.ncaa.com/news/wrestling/article/2010-12-13/cody-garcia-made-mat>

October 15-16, 2016

MAIL TO: Burlington
Wrestling Club, 816 Shea,
Burlington, KS 66839

Phone: 620-364-2054
E-mail:
taximom_4@hotmail.com

The Total Wrestler Clinic

Featuring Baker Head Coach Cody Garcia



www.bakeru.edu

Sponsored by **Burlington Wrestling Club**

Burlington Fall Clinic for Wrestlers & Coaches

Wrestler Fees: **\$50 each**, (Each Wrestler will get a \$5 coupon to the camp store!)

CAMPER Name: _____ School: _____

Address: _____ Age: _____ Weight: _____

City/State/Zip: _____ Coach _____ Grade _____

Email Address: _____ Years of Experience _____

Phone () _____ State Qualifier? _____ Times? _____ State Placer? _____ Best Finish? _____

Payment Info Pay in full to reserve your spot at camp. Your payment must be received before camp, or you may pay by cash or check on the first day of camp.

☐ Check or Money Order enclosed ☐ Pay Onsite

Please make checks payable to: **Burlington Wrestling Club**

Please mail the completed form to: Burlington Wrestling Club, 816 Shea Street, Burlington, KS 66839

SCHEDULE:

Saturday, October 15th

1:15-2:00 Registration
2:00-4:30 Session 1
4:30-5:30 Dinner Break - **Provided!**
5:30-8:00 Session 2

Sunday, October 16th

8:30 Wrestlers4Christ Lesson
9:00 - 11:00 Session 3
11:00 - 12:00 Lunch Break - **Provided!**
12:00 - 2:00 Session 4

Clinic Location:

Burlington HS
830 Cross Street
Burlington, KS

Nearby Hotel:

Country Haven Inn
620-364-8260

Clinic Sponsor:

Burlington Wrestling Club
Michelle Vander Linden
620-364-2054

Open to ages 8-18. Wrestlers age 10 & under must be accompanied by a parent or coach.

PARENTS: PLEASE READ AND SIGN.

1. My child has permission to attend the Total Wrestler Fall Clinic at Burlington High School.
2. I have no knowledge of any physical impairment that would affect or be affected by my child's participation in the Total Wrestler Fall Clinic at Burlington High School.
3. I acknowledge that, at camp, my child will participate in a sport that will involve physical contact of the body with other persons or objects including the mat where he may risk injury.
4. I specifically, fully and forever, waive and release Coach Cody Garcia, Baker University, the Burlington Wrestling Club and Burlington High School, its owners and staff from liability and claims for damages my child may sustain at camp and in travel to and from said camp.
5. In the event of an emergency in which my child requires medical care, I authorize the staff of the Total Wrestler Fall Clinic to obtain, for him, necessary medical treatment.

PARENT'S/GAURDIAN'S SIGNATURE:

_____ Date _____

Emergency Phone _____ (not home)

Drug Sensitivities _____ Other Allergies _____

Co Policy Number _____

Insurance _____

**Required
Signature**