**TEAM CAMP**
June 24 - 27
Open to all High School Teams

**GIRLS TECHNIQUE CAMP**
June 29 - July 1
Open to all girls ages 8-18

**INTENSIVE CAMP**
June 24 - July 1
Open to all boys ages 10-18

**CAMP INFORMATION:**
The Illinois team camp has had an overhaul. There will be more matches, more of a variety in technique, nightly games, and more! The U of I staff and wrestlers will work hands on with teams on improving both the physical and mental attributes that go into building individual and team championships. In addition to the technique and drills, teams will compete for the “Old School” framed bracket. Coaches and Campers will have an opportunity to watch the Regional Training Center wrestling team train in between the afternoon sessions. Watching one of the best programs in the country can show you exactly what it takes for success at the highest level. The last day of camp will conclude with every wrestler participating in a takedown tournament. Every camper will get a camp T shirt.

**CAMP FEES:**
RESIDENT-$325/member. Fee includes: 3 nights of lodging, meals, instruction, and camp t-shirt.
COACHES-An additional fee of $100/coach will be assessed to programs bringing more coaches than a 10 CAMPERS to 1 COACH ratio. NOTE: If you anticipate bringing 2 teams, please make sure to specify prior to camp. Please be accurate as possible with your total number of participants.

**REGISTRATION:** Check in for the first day of camp from 3-5pm. The first meal is dinner on the first day of camp. Last meal is breakfast on the last day of camp.

**NECESSITIES:** Please bring team singlets, wrestling shoes, gym shorts, sweat socks, T-shirts, head gear, and knee pads. Bring your own swimming suit, bed linens, pillow, toiletries, towels, washcloths, and soap.

**CAMP DAILY SCHEDULE**

**DAY 1**
3:00-5:00 PM Registration
5:00-6:30 PM Dinner/Free Time
7:00-9:00 PM Technique or Dual Meet
9:30 PM Coaches Meeting/Social
11:00 PM LIGHTS OUT

**DAY 2-3**
6:45 AM Wake Up
7:00-8:00 AM Breakfast
8:30-10:30 AM Dual Meet
11:00-12:30 PM Lunch
12:30-1:15 PM Free Time
1:15-3:15 PM Technique or Dual Meet
5:00-6:00 PM Dinner/Free Time
7:00-9:00 PM Tech. or Dual Meet
9:30 PM Coaches Social
11:00 PM LIGHTS OUT

**DAY 4**
6:45 AM Wake Up
7:00-8:30 AM Breakfast
9:00 AM Individual Tournament

**CAMP INFORMATION:** We are extremely excited to announce our first ever women’s only wrestling camp. Women’s wrestling has taken off in the United States, and we want to help continue that momentum. This camp will focus on ingrasing a winning philosophy from neutral, top, bottom, and par-terre in both folk style and freestyle. This is a great camp for both beginner and elite female wrestlers looking to develop winning technique and habits. Female Olympic and World Team members will assist in the coordination and technique of the camp. By the conclusion of camp, wrestlers will have a stronger IQ and focus on all aspects that WIN in our sport. Along with training in the legendary Huff Hall wrestling room, the girls will have an opportunity to watch how the University of Illinois wrestling team trains. This camp includes a camp T shirt.

**CAMP FEES:**
RESIDENT-$325. Fee includes: 2 nights of lodging, meals, instruction, and camp t-shirt.

**REGISTRATION:** Check in on the first day of camp from 5-6pm. The first meal is breakfast on the second day of camp. Last meal is breakfast on the last day of camp.

**NECESSITIES:** Please bring wrestling shoes, gym shorts, sweat socks, T-shirts, head gear, and knee pads. Bring your own swimming suit, bed linens, pillow, toiletries, towels, washcloths, and soap.

**CAMP DAILY SCHEDULE**

**7:00-8:00 AM** Breakfast
9:00-10:45 AM Technique 1
11:30-1:00 PM Lunch
1:30-3:15 PM Technique 2
5:00-6:00 PM Dinner
7:00-8:45 PM Technique/StrengthTraining/ Organized Activity
11:00 PM LIGHTS OUT

**CAMP INFORMATION:** This intensive camp is geared toward wrestlers wanting to compete at the highest levels. The intentions of this camp are to help wrestlers develop an understanding of the different training philosophies used to succeed. It consists of a practice program based on technique, discipline, commitment, sacrifice, and confidence. This 8 day camp is guaranteed to be extremely challenging, both mentally and physically. All wrestling training will be done in the legendary Huff Hall wrestling room. The U of I Wrestling Team looks forward to training side by side with those who are looking to jump to the next level! This camp includes a camp T shirt.

**CAMP FEES:**
RESIDENT-$850. Fee includes: 7 nights of lodging, meals, instruction, and camp t-shirt.
COMMUTER-$695. Fee includes: 6 lunches, instruction, and camp t-shirt.

**REGISTRATION:** Check in on the first day of camp from 4-5pm. Residents and commuters will be provided dinner the first night of camp. Last meal is breakfast on the last day of camp for residents.

**NECESSITIES:** Please bring wrestling shoes, gym shorts, sweat socks, T-shirts, head gear, and knee pads. Bring your own swimming suit, bed linens, pillow, toiletries, towels, washcloths, and soap.

**CAMP DAILY SCHEDULE**

6:00-7:00 AM Conditioning
7:00-8:30 AM Breakfast
10:30-NOON Technique
NOON-1:00 PM Lunch
3:30-5:00 PM Combat
5:00-6:30 PM Dinner
7:00-8:30 PM Lifting/Games/Nutrition
11:00 PM LIGHTS OUT

Specific check in/out information will be sent with confirmation and can be found on the website: [www.fightingillini.com/camps](http://www.fightingillini.com/camps).

Online registration and camp information: [www.fightingillini.com/camps](http://www.fightingillini.com/camps)

For more information phone: 217-244-7278
SENIOR CAMP COUNSELORS

JESSE DELGADO
- 2013 & 2014 NCAA National Champion
- 2013 & 2014 Big Ten Champion & OW
- 3x NCAA All-American

ZANE RICHARDS
- 2x IL State Champion
- Jr. National Freestyle and Greco Champion
- Cadet World Team Member
- 2017 NCAA All-American

ZAC BRUNSON
- 4x Oregon State Champion
- Jr. National Champion
- 2016 NCAA Qualifier
- 2017 NCAA All-American

EMERY PARKER
- IL State Runner-up
- Fila Junior World Team Trials 3rd
- NCAA Qualifier

BROCK ERVIN
- 5x State Champion KY
- High School National Champion

ISAIAH MARTINEZ
- 2015 & 2016 National Champ
- 2017 NCAA Finalist
- 3x California State Champion
- 2014 Midlands Champion

JUNIOR CAMP COUNSELORS

MIKE CARR
- 2X PA State Champ

CARVER JAMES
- 3x IL State Champion

DYLAN DUNCAN
- 2X IL State Champ
- Cadet National Champ

ANDRE LEE
- IL State Placer
- 2x Freestyle/Greco State Champ

ERIC BARONE
- IL State Champ
- 2017 NCCA Qualifier

TRAVIS PIOTROWSKI
- IL State Champ
- Junior National All-American
- 2017 NCCA Qualifier

FEMALE CAMP COUNSELORS

ALLI RAGAN
- Ranked 2nd in the World
- World Silver Medalist

Haley Augello
- 2016 USA Olympian
- College National Champion

FACILITIES

Huff Hall (training facility) Located on the third floor of Huff Hall, the Fighting Illini wrestling team has one of the largest practice facilities in the country. This facility has 6,100 square feet of mats that run wall to wall. Large windows line the south wall of the facility to provide plenty of natural light and ventilation.

Huff Hall (competition facility) Athletic competitions in Huff Gymnasium date back to the 1920’s when it was the original venue for Fighting Illini Basketball. Over nine decades later and several modernizations, this 4,500 seat venue is still being used today as a Fighting Illini venue for wrestling, volleyball and gymnastics.

Bromley Hall
Wrestling campers stay in the modern, air-conditioned Bromley Residence Hall. The boys are served all-you-can-eat meals and may enjoy Bromley’s indoor pool, TV lounge and game room.

ATTENTION CAMPERS
General camp information along with a statement, a confirmation letter, a map with directions and a medical release form are mailed upon the enrollment. Please allow 5-7 days processing prior to the mailing of confirmation materials.

If you prefer to pay by Visa, MasterCard, Discover or American Express, please complete the credit card information required on the application or visit our website at www.fightingillini.com/camps. If you prefer to pay by check, please make checks payable to the ‘University of Illinois’ and write the participant’s FULL NAME on the check. Please mail the completed application form and FULL payment to the processing center, University of Illinois, Office of Sport Camps & Clinics, 1700 South Fourth, Champaign, IL 61820.

CANCELLATION/REFUND/NSF POLICY: ALL refund requests need to be submitted in writing using the ‘Refund Request Form’ found on the website or by calling the camps office (217-244-7278). Your camp cost, less a $50 non-refundable cancellation fee, is refunded without question if you cancel at least one week prior to the registration date. Any time after that date, refunds (less the $50 non-refundable fee) are made for medical reasons only and a signed statement from your physician must accompany the written request. If a cancellation request is not received by the last day of instruction, a refund is not issued. Campers who must leave during camp due to an illness or injury verified by our medical personnel will receive a refund (written request is necessary). Refunds are not given to campers who voluntarily leave camp or who are sent home for disciplinary reasons. REFUNDS, FOR ANY REASON, ARE NOT ISSUED AFTER AUGUST 31, 2018. NSF Checks submitted to the office are subject to a $30 return check fee. This fee is assessed in addition to the face value of the check.

CAMPER DESCRIPTION: Commuter Camper is defined as a camper that is not staying in the residence hall. This camper participates in all camp activities. They must provide their own transportation to and from camp each day. Meals included in the commuter cost vary from camp to camp. Passes for the remaining meals are available for purchase anytime at the front desk of the residence hall. Resident Camper is defined as a camper staying overnight for the duration of camp. All meals are included.
2018 Individual Wrestling Camp Application
(Please print)

Camper’s Name

Parent/Guardian’s Name

Home Phone  Emergency Phone

Email Address

Address

City  State  Zip

Date of Birth  2018–2019 Grade

2018–2019 School

Coach’s Name

Are you a returning Fighting Illini Camper?  Yes  No

T-Shirt Size (adult):  small  medium  large  x-large

“I hereby acknowledge that participation in the camp and related activities involves an inherent risk of physical injury or loss that might be sustained by my child. In consideration for accepting my child into the camp, I assume all risk of injury and loss that may be suffered by me or my child and release and forever discharge the Board of Trustees of the University of Illinois, its officers, employees and agents from any and all known liability of whatever kind or nature, arising from and by reason of any and all known and unknown, foreseen and unforeseen body and personal injuries, including death, property damage and the consequences therefore resulting from the registrant’s participation in or involvement with this camp or presence on University property, including any failure of equipment or defect in the premises, except to the extent caused solely by the willful and wanton misconduct of the University.

I give permission to the University of Illinois to take photographs and videos of my child during the course of the camp activities. These photographs may be used for publicity purposes by the University of Illinois.”

Parent / Legal Guardian signature

RELENTLESS INTENSIVE CAMP: June 24 - July 1
☐ Resident  $850  ☐ Commuter  $695
TECHNIQUE CAMP: June 29 - July - 1
☐ Resident  $325  ☐ Commuter  $195

METHOD OF PAYMENT:
☐ Cash  ☐ Check (payable to University of Illinois)  ☐ Money Order
Credit Card:  ☐ MasterCard  ☐ Visa  ☐ Discover  ☐ American Express

Credit Card #  Exp. Date  V-code

Complete and return the application and team roster with deposit amount.

METHOD OF PAYMENT:
☐ Cash  ☐ Check (payable to University of Illinois)  ☐ Money Order
Credit Card:  ☐ MasterCard  ☐ Visa  ☐ Discover  ☐ American Express

Credit Card #  Exp. Date  V-code

Complete and return the application and team roster with ENTIRE deposit amount.
CAMP DIRECTORS

JIM HEFFERNAN
Head Coach
• Two-time NCAA Assistant of the Year
• NCAA Champion at Iowa
• Four-time All-American

JEREMY HUNTER
Assistant Coach
• NCAA Champion at PSU
• Three-time All-American
• 4x PA State Champion

MICHAEL POETA
Assistant Coach
• 2x NCAA finalist
• 3x NCAA All-American
• 2010 USA World Cup Team

BRYAN MEDLIN
Assistant Coach
• 2016 NFHS Coach of the Year
• 2015 IHSA Coach of the Year
• 2014 United States Olympic Committee Coach of the Year

University of Illinois
Division of Intercollegiate Athletics
Office of Sport Camps & Clinics
1700 South Fourth Street
Champaign, IL 61820

For more information or to register, visit our website at
www.fightingillini.com/camps
or e-mail us at sumcamps@illinois.edu