



**5 DAYS OF TRAINING
WITH THE CHAMPS**

June 20 – 24, 2011
3rd Grade thru High School

Location:
Marquette High School

2351 Clarkson Road, Chesterfield, MO 63071



Featuring Bobby Douglas

- NAIA Hall of Fame (1985)- Arizona Wrestling Hall Of Fame (1999) - Dan Brands Hall of Fame (2002) - Ohio wrestling Hall of Fame - Ohio Wrestler Of the Decade (60's) - The Gallagher Award (2004) - U. S. Olympic Wrestling Committee (1976) - U. S Olympic Games Prep Committee (1990) - NCAA Rules Committee - USA Freestyle Committee Chairman

- U. S. A Athletes Rep (19-) - USA Certified Head Coach
- U.S. Freestyle World Team Head Coach ('89, '91, '02, '03)
- U.S. Olympic Coach (1992, 2004)
- W.I.N. Magazine's Coach of the Year (2002)
- NWCA Coach of the Year (2000)
- Three-time Conference Coach of the Year (ISU)
- Nine-time Conference Coach of the Year (ASU)
- USA Wrestling's Man of the Year (1992)
- USA Freestyle Wrestling Coach of the Year (1992)
- Ovac Hall of Fame (2004)
- US Olympian (4th 1964 Olympic Games)

Current/Former Olympic Coaches



Steve Fraser

Current Olympic Coach

1984 Olympic Champion
1984 U.S. Freestyle Champion
1983 Pan Am Games Champion
2X NCAA All American
Michigan State Champion
Distinguished Member of the National Wrestling Hall of Fame



Bobby Douglas

1994 & 2002 Olympic Coach

U.S. Freestyle World Team Head Coach ('89, '91, '02, '03)
W.I.N. Magazine's Coach of the Year
3x Conference Coach of the Year (ISU)
9x Conference Coach of the Year (ASU)
USA Freestyle Wrestling Coach of the Year (1992)
US Olympian (4th 1964 Olympic Games)



"Zeke" Jones

1996, 2000, & 2004 Olympic Coach

1991 World Champion
1992 Olympic Silver Medalist
1995 World Bronze Medalist
4x World Cup Champion
3x NCAA All-American
Michigan State Champion
Distinguished Member of the Nation Wrestling Hall of Fame
Voted World's Most Technical Wrestler by FILA



Dan Russell

2004 Olympic Coach

4x Undefeated HS State Champion
4x NCAA Champion (D2)
Olympic Solidarity Instructor
USA Wrestling National Coaching
1999 Pam Am Games Coach
2x Olympic Alternate
2002 World Cup Coach



Gary Mayabb

20+ Years Head Coach - Oak Park High School
5x State Team Champions
6x World Team Coach for USA Wrestling
9x State or Regional Coach of the Year
4x All-American
US Open Finalist
US Junior Greco Coach of the Year 2007

Great Assistants

The clinic will have several college wrestlers and former state champions available to provide small group and one on one attention for the wrestlers

Taught by Olympic & World Champions, Olympic/World Coaches, NCAA Champions, and Undefeated State Champions

The Boot Camp Wrestling Clinic gives you the tools to be successful at the highest levels

Participants will have the opportunity to meet and learn from current and former United States Olympic coaches, World, Olympic and National Champions, as well as UNDEFEATED state champions. These World-class clinicians will teach you the skills and techniques required to get you on the road to becoming a CHAMPION. Under the guidance of a professional trainer, you will also learn how to condition your muscles to produce increased speed, strength, explosiveness, core strength, and endurance. The "Combat Wrestling" sessions provides the live wrestling, conditioning, and psychological endurance that are needed to be victorious.

- **A military flare in the design**
- **Military style drilling, obstacle courses, combative games.**
- **One hour combat wrestling session each day.**

SESSIONS:

Monday, June 20, 2011

- 8:00-8:30 – Check-in/Registration
- 8:30-9:00 – Obstacle Course (muscle development)
- 9:00-11:30 - Session 1
- 11:30-12:30 – Lunch (Bring your lunch)
- 12:30-3:00 - Session 2
- 3:00-4:00 Combat Wrestling

Tuesday thru Friday, June 21 – 24, 2011

- 8:30-9:00 – Obstacle Course (muscle development)
- 9:00-11:30 - Session 1
- 11:30-12:30 – Lunch (Bring your lunch)
- 12:30-3:00 - Session 2
- 3:00-4:00 Combat Wrestling

**Awards ceremony on
Friday, June 24, 2011, 4:00**

QUESTIONS????
Contact Dwight Griffin at:
dgriffin@bootcampwrestling.com
314-898-7662

www.bootcampwrestling.com

Boot Camp Wrestling Clinic Registration Form

Complete the registration below, and send it, and your payment, to Dwight Griffin, 15 Plymouth Court, St. Charles, MO 63304

Make check payable to: Dwight Griffin

Name: _____

Street : _____

City: _____

State: _____ Zip Code: _____

Phone: _____

Email: _____

School: _____

Grade Entering: _____ Age: _____ Weight: _____

 Youth Adult

T-Shirt Size: S M L S M L XL XXL

Years Experience: _____

Place in State/National Tournament(s): _____

Contact Information

Parent/Guardian: _____

Daytime Phone: _____

Evening Phone: _____

Get on the road to becoming a Champion...

The Boot Camp Wrestling Clinic this summer is sure to be one of the best Missouri, as well as the nation, has ever seen.

The below named parent(s) or legal guardian(s) releases the Boot Camp Wrestling Clinic, host school/location, as well as its clinicians, officers, agents, and representatives from any damages I/we might have for loss or injury arising out of the participation in the Boot Camp Wrestling Clinic activities.

I herby request that my child or ward be admitted to the Boot Camp Wrestling Clinic. I authorize the staff to act for me, according to their best judgment, in an emergency. I will hold harmless, and release the staff, the clinic, and the host school/location from any and all liability related to injuries or the death of my child or ward. I understand that my insurance coverage is primary and any coverage provided by the clinic will be specifically applicable on an excess basis only.

Parent/Guardian Signature Date

Print Name Relationship of Wrestler

Emergency Contact Phone

Drug Sensitivities/Allergies

Medical Insurance Company

Policy Number Phone



Bobby Douglas



Steve Fraser



Zeke Jone



Dan Russell



Early Registration After May 25, 2011

\$195

\$230

Team Discounts

10 or more wrestlers – \$175 each

2010 Clinic Participants:

\$175

Family Discount

First wrestler is \$195 and each additional sibling \$140

Make checks payable to Dwight Griffin

***A \$100 deposit can be sent in to reserve your space at the clinic**

Complete the registration form and send it, and the fee, to:

**Boot Camp Wrestling Clinic
c/o Dwight Griffin
15 Plymouth Court
St. Charles, MO 63304**



Make check payable to: Dwight Griffin