

2015 NEBRASKA INDIVIDUAL

WRESTLING CAMP

AGES 6-18 (K-12)

Three Day Individual Technique Camp

Goals:

1. Participant(s) will learn the basic fundamentals of wrestling (set-ups, tie-ups, head clears, take-downs and counters, escapes/reversals, breakdowns and counters, pinning combinations, cross body ride and counters, advanced moves, Coach Manning's favorite moves, Coach Manning question and answer (moves, counters, situations), mat awareness, training (off-season), nutrition, weight management, and drilling strategies.
2. Participant(s) will learn how to apply wrestling principles in order to be successful in life by Coach Manning.

Opportunities Provided:

1. Three days of quality instruction by the country's best.
2. Learn new techniques in order to be successful (state and national level).
3. Mat experience. (King Of The Mat and Situations)
4. Make new friends who share the same goal.
5. Camp t-shirt.

Instructors

Mark Manning



Ken Wilson



Jim Barnes



Jerry Honeycutt



Instructors:

Mark Manning

He is in his 14th year as the University of Nebraska head coach. He is the winningest coach in Nebraska history. In 2009 they were the Big 12 Champs. He has coached 36 All-Americans. He has had 5 top 8 finishes. His record at Nebraska is 187-73-3 (.717). He was a two-time Big 12 Coach of the Year and FIFA Freestyle Coach of the Year. In 2012 his team held the Nations Best Team Grade Point Average (3.46). He coached Jordan Burroughs, the Dan Hodge Award recipient, World Champ, and 2012 Olympic Gold Medalist.

Ken Wilson

He is the coach at Chapin High School. He is a former coach at Dutch Fork High School and Spring Valley High School. He has amassed over 400+ victories in his coaching career.

Jim Barnes

He was a S.C. high school head coach for 31 years and led his teams to 17 state titles and 8 runner-up finishes. He coached 85 individual state champions. His record includes 415 wins and over 25 Coach Of The Year awards (state, regional, national). He is a member of the National Wrestling Hall Of Fame. He is a great clinician and motivator.

Jerry Honeycutt

He was a former assistant coach at Spring Valley (4 years) and Rock Hill (7 years-1 state title and 2 runner-ups). He was a former head coach at East Meck (2 years-led team to the state duals in his first year-2nd time in school history). He is a great motivator.

Directions to

Dutch Fork High School
1400 Old Tamah Road
Irmo, SC 29063
(803) 732-8050

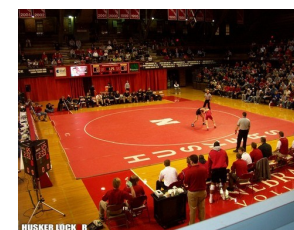
From Charlotte, NC:

1. Take I-77 South for approximately 80 miles.
2. Merge onto SC-277 S via Exit 18 toward I-20 W Columbia/Augusta for 1.7 miles.
3. Merge onto I-20 W toward Augusta/I-26/Charleston for 8.7 miles.
4. Merge onto I-26 W via Exit 64B toward Spartanburg for 5.9 miles..
5. Merge onto US-176/Broad River Road via Exit 101A toward Ballentine/White Rock for 2.5 miles.
6. Turn right onto Koon Road for 2.9 miles.
7. Turn right onto Old Tamah Road for .3 mile.
8. School is on the left.

From Greenville, SC:

1. Take I-385 South toward Columbia for approximately 42 miles.
2. I-385 South becomes I-26 East for approximately 44 miles.
3. Merge onto Broad River Road/US-176 via Exit 97 toward Ballentine/White Rock for 2.0 miles.
4. Turn left onto Shady Grove Road for 1.5 miles.
5. Stay straight to go onto Old Tamah Road for 1.1 miles.
6. School is on the left.

Nebraska



M A R K M A N N I N G

Eligibility:

Ages 6-18 (K-12)

Dates: Thursday & Friday (June 25 & 26, 2015)

Time: 9 am-2 pm

Location: Dutch Fork High School
Columbia, SC

Format:

1st session — Neutral (9 am-10 am)

Set-ups, Tie-ups, Head clears, Take downs (double, single, fireman's, front head lock) and counters, Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

2nd session — Top (10 am—11 am)

Break downs (chop, ankle, spiral) and counters, Pinning combinations (bars, tilts, halves, cradles), Cross body ride and counters, Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

3rd session — Bottom (11 am—12 pm)

Escapes/Reversals (stand up, switch, shift, granby), Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

4th session-Ask Coach Manning (12 pm—2 pm)

Questions and answers
(moves and counters)

Coach Manning's favorite moves
Advanced moves

AND Live Wrestling (King of The Mat)

Situations

Individual Registration:

1. Completed individual application with t-shirt size.
2. Individual guardian signed medical waiver.
3. Individual check \$80.00 check (non-refundable) made out to Nebraska Wrestling Camp
4. Mail in registration information to:

Jerry Honeycutt

7296 Cascading Pines Drive

Tega Cay, SC 29708

5. Call regarding questions-

Jerry Honeycutt @ (704) 661-3753

Deadline:

FIRST 100 REGISTERED

Participants should do the following:

1. Prompt (8:30 am sharp-dressed and ready to wrestle).
2. Prepared-comfortable clothing (t-shirt, shorts, wrestling shoes. . . Optional-singlet and headgear).
3. Attitude-positive.
4. Effort-100% hustle.
5. Teamwork/Sportsmanship/Cooperation-be a great drill partner.
6. Have ride ready by 2:00 pm.

Special Thanks To The Following Sponsors:

1. Hilton Garden Inn of Columbia

2015 NEBRASKA WRESTLING CAMP

REGISTRATION APPLICATION

(Please fill out, detach, and mail along with an \$80.00 check)

Participant Information

First

Last

Name

(Print): _____

Current Medication(s) and/or Special Instructions:

Number of Year(s) Attending Nebraska Wrestling Camp _____

T-Shirt Size

Current School Attending and Head Coach's Name

Age

Current Grade

Height

Weight

Year(s) Experience

Address (Print):

Street

City

State

Zip

Phone Numbers:

Home Phone #

Cell Phone #

() _____ () _____

Parent/Guardian Information

First

Last

Name (Print): _____

Employment (Print):

Name

Street

City

State

Zip

Phone Numbers:

Work Phone #

E-Mail Address

() _____

Medical Release Waiver

The Nebraska Wrestling Camp (facilities/instructors) and/or Dutch Fork High School **will not be held responsible/liable** for any injuries or lost items.

Participant Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____