

Camp Staff & Guest Clinicians



Doug Cuddie

- CSM Assistant Wrestling Coach
- Produced 6 NCAA All-Americans



Steve Kimpel

- CSM Head Wrestling Coach
- Camp Director



Dan Lewis

- CSM Wrestling Coach 1992-2002
- 1996 NCAA Coach-of-the-year
- Produced 9 NCAA All-Americans and 4 NCAA Champions for CSM
- Bronze Medallist World Freestyle Champion



Mike Marsh

- CSM Assistant Wrestling Coach
- Over 30 years of high school and college coaching experience
- Produced 9 All-Americans as assistant to two CSM coaches



Jennifer McIntosh

- CSM Head Athletic Trainer
- Trainer for 2000 RMAC Cultural Exchange Team to Europe



Miles Van Hee

- Head Wrestling Coach Western State College
- 2004 NCAA Coach-of-the-year
- Produced 19 NCAA All-Americans & 4 NCAA Champions for WSC

Jim Johnson - Golden Wrestling Club Coach will also be on hand for camp as well as members of the CSM Wrestling Team. Johnson has had over 30 of his club wrestlers go on to win state or national championships including several members of the current CSM team.

Important Information

RULES AND SUPERVISION: Campers will be supervised through the entire camp by college counselors and high school coaches. For your safety and the safety of the other campers, all campers must abide by the rules and regulations of the camp. Non-compliance to these rules will result in immediate dismissal from the camp without refund. An Athletic Trainer will oversee the camp in case of injury.

CONFIRMATION: Each applicant will receive an email confirmation.

HOUSING: Meals and lodging will be on the Colorado School of Mines campus. Campers will be housed two to a room. If you wish to room with a friend, please indicate it on the camp application.

CONTACT INFORMATION:

Steve Kimpel, Athletic Department, Colorado School of Mines, Golden, CO 80401-1882. Phone: 303-273-3352

Camp Information: <http://athletics.mines.edu/Sports/Wrestling/>

WHAT TO BRING:

Overnight Campers: Running Shoes, Wrestling Shoes, Practice Shorts (3 per day recommended), Practice Shirts (3 per day recommended), Under Clothing (3 per day recommended), Socks (3 pair per day recommended), Towel (2), Pillow, Sleeping Bag, Toiletries.

Commuters: Running Shoes, Wrestling Shoes, Practice Shorts (2 per day recommended), Practice Shirts (2 per day recommended), Under Clothing (2 per day recommended), Socks (2 pair per day recommended), Towel (1).

CHECK-IN TIMES:

Winter Break Training Camp:

Wednesday, December 27, 2006, 9:00 a.m. - 9:30 a.m.
Meet at the east end of Steinhauer Field House

Technique and Competition Camp:

Monday, July 23, 2007, 11:00 a.m. - 12:30 p.m.

Directions: campus maps can be found at this link on the internet: http://www.mines.edu/csm_maps/

Morgan Hall (D-3 on internet campus map). We will be by the FedEx mailbox on Maple Street on the CSM campus. Overnight campers should plan to check-in between 11 a.m. and noon; Commuters should plan to check-in from noon to 12:30 p.m.

Check-Out: Parents may check their wrestlers out of camp at the conclusion of the camp tournament on Friday or earlier if necessary and by prior arrangement. Checkout will be in Steinhauer Field House (B-2). Checkout time will occur between 2 p.m. and 5 p.m. depending on the size of the tournament; we will give those details by the Thursday camp.

Weekend Clinics: Steve Kimpel is available for weekend clinics for high schools and clubs. Fees are negotiable based on number of wrestlers and his travel and lodging arrangements. Give him a call!

COLORADO SCHOOL OF MINES

Wrestling Office
1500 Illinois Street, Golden, CO 80401-1882

88 Years of
Wrestling
Tradition
1919-2007

15th Annual Colorado School Of Mines Wrestling Camps

Winter Break Training Camp
December 27-30, 2006

Technique Camp
July 23-27, 2007

Summer Wrestling League
June 14, 21, 28
July 12, 19, 26, 2007

1-800-446-9488 • 303-273-3352

Nathan Pilcher, 157 lbs.

Camp Choices for Everyone



“Winter break training camp”



Corey Swanson, 149 lbs.



“Summer league wrestling”

Winter Break Training & Competition Camp

December 27-30, 2006 • Ages 11-18

Commuters: \$150 (no overnight accommodations)

The purpose of the Winter Break Wrestling Camp is to give wrestlers the competitive edge going into January. Special emphasis will be given to drilling, situation wrestling, and conditioning. The morning session will be technique. The afternoon session will be live and situational wrestling. Camp Sessions 10:00 a.m. – Noon and 3:00 p.m. - 5:00 p.m. daily. Lunch on your own.

Technique and Competition Camp

July 23-27, 2007 • Ages 11-18

Commuters: \$165

Overnight: \$325 (by July 9); \$375 (after July 9)
Mines Technique and Competition Camp is designed to teach wrestlers of varying skill levels the techniques that work at all levels of competition. Emphasized techniques include leg attacks, counter attacks, leg rides, escapes, pinning combinations, and an introduction to high-percentage upper body attacks. Camp ends with an individual tournament on July 27th featuring wrestlers from the Mines Summer Wrestling League.

Typical Daily Schedule:

- 7:30 am Breakfast
- 9:15 am Roll Call
- 9:30 am Session 1
- 11:30 am Lunch (no lunch on first day)
- 1:15 pm Roll Call
- 1:30 pm Session 2
- 4:00 pm Cross Training
- 5:00 pm Commuters Released
- 5:30 pm Supper (no supper on last day)
- 7:15 pm Roll Call
- 7:30 pm Session 3
- 9:30 pm Video or lifting
- 11:00 pm Bed check and lights out



Garrett Eller, 133 lbs.



“Techniques that work”

Summer Wrestling League

June 14, 21, 28; July 12, 19, 26

Team: \$500; Individual: \$65

Summer wrestling makes winter champions. Open to wrestlers in grades 9-12, the Summer League is an opportunity for wrestlers to get an unlimited number of matches on each of the Thursday nights. Matches are three, 90-second periods with running time. Now in its 5th year, the summer league attracts athletes from a wide radius extending to Greeley, the mountains and the eastern plains. Matches begin at 6:30 p.m. and continue running until 8p.m. each night. Summer League wrestlers are eligible to wrestle in the Mines Wrestling Camp tournament on July 27. (There will be no Summer League on July 5 to accommodate holiday plans.)

Colorado School Of Mines Wrestling Camp Application

Please Fill In All Spaces And Mail Non-Refundable \$75.00 Deposit

Name: _____ Birth Date: ____/____/____
 Address: _____ State: _____ Zip: _____
 Home Phone: (____) _____ Last grade completed: _____ Email (for confirmation): _____ Weight: _____
 Coach's Name: _____ Have you won a varsity letter since entering ninth grade? Yes No
 Roommate Preference (if staying overnight): _____ T-Shirt Size Men's: XL L M S Youth: L
Hold Harmless Agreement: I agree to hold harmless Colorado School of Mines and all of their employees, officers, and agents in the event of an injury occurring to my child, who will participate in a program of skills, instruction and evaluation in the sport of wrestling and activities associated with the camp or Grappler's Night. I recognize that participating in this activity has a certain amount of risk and that an injury is always possible. Injuries may include cuts, fractures and abrasions. I certify that my child is, to the best of my knowledge, physically able to participate in this activity. I assume full financial responsibility for medical expenses arising out of such injury above any insurance provided by the program. I hereby authorize the Camp Director to act for me according to his best judgement in any emergency medical situation.

Parent's Name (please print): _____ Parent's Signature: _____
Please Check One: Winter Break Training & Competition Camp, December 27-30, 2006: Commuter Option Only \$150
 Technique and Competition Camp, July 23-27, 2007: Overnight (before July 9) \$325 Overnight (after July 9) \$375 Commuter \$165
 Summer League, June/July, 2007: Team \$500 Individual \$65

Please make your check payable to:
 CSM Wrestling Camp, Athletic Department
 1500 Illinois Street • Golden, CO 80401-1882