



# NEBRASKA WRESTLING

camps

## 2019 GOLD TEAM CAMP JUNE 16-18 (HIGH SCHOOL)

### STAFF

Coach Dalton Jensen and the Nebraska Wrestling Camp staff will host two team camps and a middle school competition camp during the summer of 2019. Wrestlers in attendance will have the opportunity to learn from motivated and experienced former and current athletes.

### SUPERVISION

Campers will be supervised during all organized times and at the hotel. Campers will be required to attend all assigned activities and instruction sessions. All campers must comply with all camp rules. Any violation or abuse of these rules will require immediate dismissal from the camp without a refund.

### NEBRASKA CAMP MISSION

It is our mission for our campers to grow from their experience at our camps and gain valuable experience as we assist in "Molding Champions For Life!" We are committed to help guide our campers towards accomplishing the rigorous daily challenges of our camps by thorough preparation, execution and evaluation while maintaining a high standard. Our staff is dedicated to the development of every athlete to his/her fullest potential.

### TEAM CAMP - REGISTRATION

Check-in for all resident campers at team camps will take place at the Buffalo County Fairgrounds from 11:30 am - 1 pm. Plan to check-in as early as possible. All registration on [trackwrestling.com](http://trackwrestling.com), search by Nebraska Wrestling Gold Team Camp.

### WHAT TO BRING

Each camper will be expected to supply his/her own workout gear: shoes, shorts, headgear, personal hygiene products, and competition singlet (preferred).

### TENTATIVE SCHEDULE

#### DAY 1

11:30-1pm	Check-in
1-4pm	Session 1
Dinner provided	
6:30-9pm	Session 2

#### DAY 2

9am-11:30pm	Session 3
Lunch provided	
1:30-4pm	Session 4
Dinner provided	
6:30-9	Session 5

#### DAY 3

9:30-11:30pm	Session 6
Lunch provided	
1:00-3pm	Session 7

### ACCOMMODATIONS & TRANSPORTATION

Resident campers will stay at the Kearney Ramada Inn. Breakfast will be served each morning at the hotel. Lunch and dinner will be served at the wrestling camp facility. Access to the hotel swimming pool and spa will be available. High school team coaches will be responsible for transportation to and from hotel and competition facility.

### COMPETITION FACILITY

Team camps hosted at the Buffalo County fairgrounds Expo Center. 14 mats.



### CAMP FEATURES

- Excellent Clinicians, Coaches, Counselors & Staff
- 8-15 Matches for Team Camp Participants
- Personalized Help with Staff and Counselors
- Technique for ALL Levels
- Challenging Competition
- Team Building
- Nutrition
- Supervised Swimming
- Special Rates for Early Enrollment, multiple camps and family members.
- Free Participatory Camp T-shirt & Water Bottle to All Campers
- Evening Coaches Clinic Light meal provided

### FOR MORE INFORMATION

Dalton Jensen, Camp Director  
402-670-1081 / [jensendj@unk.edu](mailto:jensendj@unk.edu)

### CAMP FEES

Registration closes June 7, at midnight

Resident	\$230
Commuter	\$180

Head coaches register online/ additional coaches pay at check in

\* Late entry fees will cost \$50 more

### ENROLLMENT DISCOUNTS (Deadline May 1st)

- EARLY ENROLLMENT**  
Save \$10 Per Application
- FAMILY ENROLLMENT**  
Save \$20 Per Application

- MULTIPLE CAMPS**  
Save \$20 Per Application

\* Family Enrollment and Multiple Camp Discounts cannot be combined together

**MUST REGISTER ONLINE AT:**  
[mwcevents.com](http://mwcevents.com) | [trackwrestling.com](http://trackwrestling.com)