

MONTANA INTENSIVE

WRESTLING CAMP—2019

Facebook.com/MontanaIntensiveWrestlingCamp

Instagram.com/mtintensivewrestlingcamp

www.montanaintensivewrestlingcamp.com



2018 Outstanding Camper Award recipients.

"To be the best you must train with the best!"

Established in 2001, the Montana Intensive Wrestling Camp is one of the longest running youth wrestling camps in the state. It features a coaching staff comprised of some of the best in the state and nation. The six day camp will develop your wrestling to the maximum by teaching the correct ways to wrestle, run, and weight-train for our sport. It also includes team duals, running Lone Pine Mountain and the options of going rafting on the Flathead River and experiencing the Big Sky Water Slides in the evenings. All three styles: Folk, Free, & Greco-Roman, plus all phases of wrestling will be covered: take-downs, reversals, escapes, riding, and pinning. This camp is designed to train serious wrestlers at all ages and skill levels. This is a tough camp and you are well advised to show up in shape. The objective of this camp is to prepare wrestlers for state, regional and national competitions.

What to Bring to Camp Daily

- Wrestling Shoes
- Running Shoes
- Sack Lunch (provided by host family if being housed)
- Workout Gear
(CLEAN shorts, shirt, extra clean shirt DAILY)
- Water Bottle

YouTube Highlight Video:

YouTube: <https://youtu.be/YCUT3KXvflU>

For additional brochures, camping site options, or other information please feel free to contact us!!

Email:

montanaintensivewrestlingcamp@gmail.com

Call/Text:

Jeff Thompson: 406-249-8809

Amber Downing: 406-890-3388

MT Intensive Wrestling Camp

Sunday, June 23, 2019 @ 5:00 pm

thru

Friday June 28, 2019 @ 12:00 pm

Campers and coaches on the river.



Wrestlers running Lone Pine Mtn

Staffing

ANTHONY VALENCIA, JACEN PETERSON AND KEVIN ROBERTS have all committed to being the Montana Intensive Camp's featured clinicians for 2019! Additionally, this year's camp features **CARLENE SLUBERSKI** as our women's clinician, Head Coach for the Women's Wrestling Team at University of Providence. The MT Intensive Wrestling Camp is lead and attended by some of the best wrestlers and coaches in the state and country. Our goal is to share our knowledge and philosophy with wrestlers who want to succeed not only in wrestling, but throughout life.

Messages from our parents:

"Amazing camp & coaching! I was impressed with how much individual attention the wrestlers got from the youngest to oldest. Great Job!" --Mike M.

"Thank you for putting on such a well run camp! My son couldn't stop talking about all he learned & all the fun he had during the activities. We are looking forward to next year!" --Katy E.



2018 Girls attending camp!

Each Wrestler Strives for the "Hustle Award" Shirt!!

—Given each day to a group with the most



MONTANA INTENSIVE

WRESTLING CAMP—2019

Featuring: Anthony Valencia



- 2019 ASU Redshirt
- 2X Pac 10 Champion
- ASU 2018 Wrestler Ranked top 5 in NCAA
- Junior National Champion
- 3x California State Champion
- 2015 No. 1 HS Recruit in US

Featured Coaching Staff:

Kevin Roberts

Former OSU Ass. Coach
2x All-American Univ. of OR
Washington State Champion
Junior National All-American

Jeff Thompson

Head Coach Flathead High
2X HM National COY
2X High School All-American
3X MT State Champion

Jeff Anderson

4X Olympic Trial Qualifier
Nat'l Assist. Coach of Year
MT State Champion

Caleb Schaffer

Head Coach U of Providence
MT State Champion

Jody Coleman

Head Coach Orting HS
6X Top 3 @ WA State
Coached 2-4X State Champs

Kevin Wilmot

NCAA All-American U. of WI
High School All-American

Luke Larwin

Univ. of OR, All-American
PAC 10 3rd, 4th, 4th placer
2X NCAA Qualifier, 3rd place
Head Coach Bend HS

Dallas Stuker

6X COY Montana, 2X State
Finalist, 2 Sport College Athlete

Marc Nadeau

Strength & Conditioning Coach,
Fr. Army Ranger, 2X COY MT

Jacen Peterson

Arizona State Wrestler
2x All-Conference Pac. 12 (2nd)
4th University Nationals
2x MT State Champion

Carlene Sluberski

Head Coach Univ. of Providence
Women's Wrestling
2X Sr. National Team Member
2016 Olympic Trials Qualifier
4X CIS Champion

Gus Anaya

Head Coach Archbishop Thomas
Murphy, former Head Coach WA,
Jr Natl Team, Greco All-American
US OPEN, Pac Lutheran Univ.

Shawn Lau

University Of Providence
3X MT State Champion
3X All-American

Justin Whitman

NAIA Qualifier, State Champion
FHS Assistant Coach
FVWC Co-Head Coach

Tucker Nadeau

Undefeated 2018 MT State Champ
West Virginia University Wrestler

Payton Hume

2018 Montana State Champion
University of Mary Wrestler

Scot Davis

2X Nat'l Coach of the Year
Most Dual wins w/ over 1,000
Jay Covington
Head Coach Pasco High Sc.

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MONTANA INTENSIVE WRESTLING CAMP—2019

**Sunday, June 23, 2019 @ 5:00 pm
thru
Friday June 28, 2019 @ 12:00 pm**

FEATURING: ANTHONY VALENCIA

DAILY SCHEDULE

Sunday

4:00 pm Check-in/Registration
5:00 pm Technique and Hard Wrestling
7:00 pm Camp is finished for the day.

Monday-Thursday

9:00 am Technique and Live Wrestling
11:20 am Running and Conditioning
12:00 pm Lunch
12:45 pm Technique, Hard Drilling, and Live Wrestling
3:30 pm Motivation
3:45 pm Start Evening Activities (M-W)
(Thur. 2:00 pm departure for rafting)

*****Note: Friday camp Dismissal is at 12:00pm**

Evening Agenda

Monday 3:45 pm - Team Duals
Tuesday 3:45 pm - Big Sky Water Slides
(Riding Bus is Optional sign-up on form)
Wednesday 3:45 pm - Team Dual Finals
Thursday 2:00 pm - Rafting/Glacier Natl' Park
(Riding Bus is Required)
***Friday 10:00 am - Lone Pine Run
12:00 pm - Dismissal

Half Day Option Available

******Recommended for wrestlers under age 9 or less than 2 years experience.******

Sunday 4:00pm-7:00pm
Mon-Fri 9:00am-12:00pm
(All evening activities are optional. If you are half-day you must sign up for duals at registration and return for bus departures or meet at activity site on time to participate.)

Contact us with any questions!

Email:

montanaintensivewrestlingcamp@gmail.com

OR Call/Text:

Jeff Thompson: 406-249-8809
Amber Downing: 406-890-3388

2018 Camp attendees at the top of Lone Pine Mountain with Coach Barry Davis overlooking the city of Kalispell. Over 205 wrestlers attended in 2018!



Eligibility

This camp is designed for all ages, grades 1-12 and all levels from beginners to state champs. Any wrestler male or female with the desire to improve their skill level should attend. Groups are broken out based on age, size, and skill level.

Cost

No Housing Needed

\$175 per wrestler post marked by June 10th
\$200 per wrestler after June 10th

*****Housing Needed is \$60 additional fee*****

(Housing will be provided by a local host family)

Location

Camp will be conducted in the Flathead High School Gymnasium and Wrestling Room. The high school is located at 644 4th Ave. W., Kalispell MT.

Rafting Waiver

(required for adult/youth rafters)

Visit www.glacieraftco.com for trip advice and to print your waiver.
<https://glacieraftco.com/wp-content/uploads/2016/03/Glacier-Raft-Company-Online-Waiver.pdf>

Injuries & Insurance

Injuries are a part of any sports camp. **There are no refunds due to illness or injury.** All wrestlers must have medical coverage prior to camp participation. There will be a trainer on staff.

Required Parent/Guardian Permission to Participate:

I hereby give my permission for the beside named athlete to engage in the Montana Intensive Wrestling Camp (MTWC), related activities, and evening events I select as a representative of the camp. I understand that the MTWC is not responsible for injuries sustained at camp or activities and that we must have our own insurance and/or pay for sustained injuries or medical attention required during and/or following the camp. I give my permission for MTWC use photographs and video footage that my child may be in taken during camp and evening activities for any legal use, including but not limited to: publicity, copyright purposes, illustration, advertising, and web content. I understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

Parent or Guardian Signature:

(THIS MUST BE SIGNED IN ORDER TO PARTICIPATE)

Afternoon Film Review Session.



MONTANA INTENSIVE WRESTLING CAMP—2019

2019 Registration Form

Mail to: MTWC c/o Jeff Thompson
123 Rainbow Drive, Kalispell, MT 59901

Name _____

Parent/Guardian _____

Cell Phone () _____

Alternate Contact _____ Phone () _____

Email _____

Address _____ T-Shirt Size _____

City _____ State _____ Zip _____

Age _____ Weight _____ School /Club _____

Roommate/household Request _____

Insurance Company _____

Policy Number _____

Medical Information/Conditions applicable to camp _____

Total Payment Amount

Camp Fees:

___ \$175 Full-Day post marked by June 10th

___ Add \$25 if after June 10th

___ Add \$60 for housing if needed

___ \$75 Half-Day Option (evening activities optional)

Camp Fees Sub total: \$ _____

Evening Activities (Optional: Circle yes/no)

YES / NO Big Sky Water Slides Trip (Tuesday)
add \$15/person

Names of Extra Adults/Kids: _____

**Riding Bus: Yes / No

YES / NO Glacier Rafting Trip (Thursday)

add \$50/person (sandwich dinner provided)

Names of Extra Adults/Kids: _____

**Riding Bus: Yes / No

Activity Fee Sub total: \$ _____

Total Enclosed: \$ _____

Please make checks payable to:
Montana Intensive Wrestling Camp or MTWC