

General Information

Items to Bring to Camp

Camper **MUST** bring their sleeping bag and pillow, and work out clothes for each day.

Cost

\$165 (Cost includes a camp shirt).

\$75 (Non-refundable deposit required).

Checks for more than \$500 need to be made payable to Hesperia Community Schools. Coaches can attend and observe for free with 5 or more athletes.

Eligibility

Open to all ages of athletes including those who are eligible to enter college in the fall of 2010.

Rules and Regulations

Rules will be set for the campers. Each camper must follow these rules or disciplinary actions will be taken. Campers are responsible for vandalism or damage done in and to the school.

Health and Insurance

Costs for the treatment of injuries and hospitalization for illness or injuries during the camps will be the responsibility of the parent or guardian of the participant.

All participants of the camp must show proof of insurance!

Camp Schedule

7:30-8:00am Run

8:15-8:30am Breakfast

9:30-11:30am Technique

11:30-1:00pm Lunch and Games

1:00-3:00pm Technique

4:00-6:00pm Technique & Live Wrestling

6:15-7:00pm Dinner

7:00-10:00pm Snack/Movies/Games

Doug Baird
121 East South Ave.
Hesperia, MI 49421



Hesperia High School's White River Wrestling Camp

Featuring:

Attack Style Training



**4-day
INTENSIVE
TECHNIQUE & TRAINING
CAMP**



**July 25th-28th
Monday-Thursday**



Hesperia High School

Camp Counselors

Justin Zeerip

- *U of M 3x Letter winner, 2x All Big Ten Academics
- *Team Captain @ U of M
- *2x NCAA Qualifier
- *2x All Big Ten Academics
- *4x Undeclared State Champ, Mr. Wrestler of Michigan

Dan Yates

- *2009 Senior National High School Champion
- *3x State Champion, Michigan's Mr. Wrestler
- *Career Record of 248-9
- *U of M starter @ 165lbs

Collin Zeerip

- *Currently Wrestles @ U of M
- *3x State Champion
- *Mr. Wrestler Finalist
- *3x Academic All-American

Kellen Russell

- *2x Big Ten Champion
- *NCAA All-American
- *3x National High School Prep Champion
- *Ranked Top wrestler in 2009/10/11

Ben Apland

- *U of M starter @ HWT
- *All Big Ten
- *Won a state title for Downers Grove South

Brandon Zeerip

- *Dave Shultz Award Winner
- *2x State Champion
- *Career Record of 251-7
- *U of M starter @ 157
- *Big Ten wrestler of the week

Phil Khozein

- *2x State Champion
- *Academic 1st Team All-American
- *Qualified for Senior Nationals
- *3x Letter winner @ MSU

Malcolm Martin

- *2x All State
- *Current CMU wrestler
- *Academic All American

TECHNIQUE & Training Camp

Camp Program

This camp will emphasize the finer points of wrestling technique. Some of the techniques to be shown will include single legs, double legs, high crotches, front headlocks, breakdowns, pinning, leg riding, escaping from the bottom & many others that have earned college wrestlers many honors at the NCAA Division 1 level.

Registration

Send \$75 non-refundable deposit payable to Doug Baird

Camp Start

Monday, July 25th 9:30 am

Check-in 8:30am @ Hesperia High School Gym

Camp End

Thursday, July 28th 3:00pm

Pre-Registration deadline

Post-Marked by July 15, 2010. (No Exceptions)

Camp Director

Doug Baird

- *Head coach Hesperia Wrestling & Cross Country
- *Coached 45 athletes to 75 All-State Medals
- *Qualif. 24 Teams to State with 23 Top Ten Finishes
- *Coached 4 State Championships and 4 Team Runners-Up
- *Coached 21 Individual State Champions or Runners-Up

Joe Whitman

- *State Runner-up
- *Head Coach @ Fulton
- *Alma College Varsity Coach

Mark Arbogast

- *Asst. Coach @ Hesperia
- *All State
- *2x Letter winner @ MCC
- *Runner up Mr. NPC West Michigan Body Building

Application

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: (home) _____
(cell) _____

Parent or Guardian: _____

School: _____ Age: _____ Wt.: _____

Shirt Sizes: _____

Youth: S M L XL

Adult: S M L XL XXL

Parent Consent & Waiver of Responsibility

It is agreed that camp members, camp staff, camp instructors, or camp organizers are not responsible for any injuries. It is also agreed that Hesperia Community Schools is not responsible for any injuries. It is agreed that all risks attendant to watching and/or participating in camp activities, including, but not limited to bodily risk is acknowledged, approved, and agreed to by said camper and his parents and/or legal guardian as indicated by their signature hereto. It is also agreed to allow my child to be treated while attending this camp, and I agree to assume all costs related to such treatment. I authorize the disclosure of medical information to my insurance company for the purpose of claim.

Camper Signature Date

Parent Signature Date

Insurance Co. & #s _____

Please send your completed application form and money order to:

Doug Baird
121 East South Ave., Hesperia, MI 49421
Contact: 231-854-2316
Cell Phone: 231-414-5202