

ST. MARK'S WRESTLING CAMP REGISTRATION

Name _____

Address _____

Phone _____ Age _____ Grade _____ Weight _____

Wrestling Experience (in years) _____

Current School & City _____

I understand that I waive St. Mark's School of Texas of any and all responsibility for the health and safety of the above-named student.

Parent/Guardian _____

I WISH TO ENROLL IN:

SESSION I

June 1-4, 2004 (Tues.-Fri.)

9:00 a.m.-2:00 p.m.

SESSION II

July 26-30, 2004 (Mon.-Fri.)

9:00 a.m.-1:00 p.m.

SHIRT SIZE:

Children: 6-8 _____ 10-12 _____ 14-16 _____

Adult: S _____ M _____ L _____ XL _____

Applications will be processed on a first-come/first-served basis until each session is filled. Please sign and return this form with your check as soon as possible to:

St. Mark's Wrestling Camp
Attn: Rick Ortega
10800 Preston Road
Dallas, Texas 75230-4000

ST. MARK'S SCHOOL OF TEXAS

PRESENTS

2004 SUMMER WRESTLING CAMP

2004 WRESTLING CAMP

ST. MARK'S SCHOOL OF TEXAS
MAKING A DIFFERENCE

COACHING STAFF

RICK ORTEGA

- Camp Director, Coach at St. Mark's School of Texas since 1982
- Three-year letterman and 1968 Western Athletic Conference Wrestling Champion at the University of New Mexico
- Coached twenty-three regional, seven state runner-up, and twelve State Championship teams in the past thirty-two years.
- Coached forty-nine State Champions and fifty-three All Americans
- Thirty-four years of coaching experience

JAVIER POSA

- Three-time State Champion New Mexico
- Two-time Big Eight Champion University of Oklahoma
- All American University of Oklahoma in 1995
- Three-time U.S. Olympic Team Member
- Olympic Alternate in 1996

JASON GORDON

- Assistant Coach at St. Mark's School of Texas
- 3-Year Lettermen Coe College - Iowa
- Four years of coaching experience

OTHER CLINICIANS

- Former members St. Mark's Wrestling Team
- Guest appearances from former college stand-outs

CAMP FORMAT

Campers will be divided into groups based on their wrestling skills and experience. Each group will have two to three coaches. This will ensure each student a maximum learning situation and make better use of the time available.

SESSION I

- 9:00-1:00 p.m. Wrestling instruction
- 1:00-2:00 p.m. Weight training, conditioning, and free swim

SESSION II

- 9:00-12:00 p.m. Wrestling instruction
- 12:00-1:00 p.m. Weight training, conditioning, and free swim

AREAS OF CONCENTRATION

TAKEDOWNS

- Take Down Set-Ups
- Head and Arm Control
- Single Leg Series
- Counters
- Upper Body Throws
- Front Head Lock
- Greco-Roman Throws

RIDING AND PINNING

- Cross-Body Ride
- Head-Lever Series
- Cross-Face Series
- Cross-Wrist Series
- Inside-Wrist Series
- Tilts

ESCAPES AND REVERSALS

- Rolls
- Stand-Ups
- Sit-Outs
- Whizzers
- Short-Sit Series

AGE REQUIREMENTS

All boys and girls 6 years and above.
All Texas-USA Divisions.
Grades 1 through 12.

WHEN

Session I

June 1-4, 2004 (Tues.-Fri.)
9:00 a.m.-2:00 p.m.

Session II

July 26-30, 2004 (Mon.-Fri.)
9:00 a.m.-1:00 p.m.

WHERE

St. Mark's School Wrestling Room

COST

- \$170 Individual - one camp
- \$300 Individual - two camps
- \$150 Group Rate for 6-11 wrestlers
- \$130 Group Rate for 12 or more wrestlers

Cost includes 20 hours of instruction and a Wrestling Camp t-shirt. *Registration includes a non-refundable \$50 deposit.*

ADDITIONAL INFORMATION

Contact Coach Ortega by phone at 214.346.8182 or 214.358.2625 (after 5:00 p.m.) or by email at ortega@smtexas.org.