

# 2010 Iolani Wrestling Clinic

Monday, June 7 through Friday, June 11

## Lead Clinician:

Brian Smith

-Head Coach, University of Missouri

-Three-time All-Big Ten wrestler and four-time letterman at Michigan State

-13 All-Americans and 2 National Champions have come through Coach Smith's program

-University of Missouri has finished in the top-15 at the NCAA Championships for six straight years, placing as high as 2<sup>nd</sup>

## The format of the Iolani Clinic includes:

Intense work on developing the skills of age group wrestlers

Instruction on core strength development

Live competition between the campers

**Fee:** \$225 per wrestler **Check due by May 21, 2010**

**Team discount:** \$200 per wrestler with 6 or more participants from the same school

MAKE CHECKS OUT TO "Iolani School"

The fee covers the cost of the clinic, camp shirt and lunches.

Mail form and checks to: Iolani School Wrestling Clinic, 563 Kamoku St., Honolulu HI 96826

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## Registration Form

Wrestler's Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_ APPRX Weight: \_\_\_\_\_

Address: \_\_\_\_\_ Gender: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Email: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

T-shirt Size: S M L XL XXL

I recognize that there are inherent dangers in the sport of wrestling and agree to assume all risks related to my child's participation. I understand that while the Iolani Wrestling Clinic will provide athletic trainers for the event, neither Iolani School nor the Iolani Clinic will provide medical insurance in the case that my child is injured. By signing below I am also certifying that my child is covered by medical insurance.

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 2010 Iolani Wrestling Clinic



Welcome to the 2010 Iolani Wrestling Clinic. Our clinicians and Coaches will work hard to improve your wrestling ability, but the most important person in deciding how much progress you are going to make is YOU! Come prepared to learn. Come prepared to work. Come prepared to make the most out of your experience. In wrestling, your most critical asset is the attitude you bring to the mat every single day.

## Schedule

### Monday, June 7

8:00am Registration, weight-ins  
9:00am Technique Session #1  
11:00am Shower  
11:30am Lunch  
1:00pm Technique Session #2  
2:00pm Competition Session #1  
3:00pm Core Training Session #1  
4:00pm Day one concludes

### Tuesday, June 8

9:00am Technique Session #3  
11:00am Shower  
11:30am Lunch  
1:00pm Technique Session #4  
2:00pm Competition Session #2  
3:00pm Core Training Session #2  
4:00pm Day two concludes

### Wednesday, June 9

9:00am Technique Session #5  
11:00am Shower  
11:30am Lunch  
1:00pm Technique Session #6  
2:00pm Competition Session #3  
3:00pm Core Training Session #3  
4:00pm Day three concludes

### Thursday, June 10

9:00am Technique Session #7  
11:00am Shower  
11:30am Lunch  
1:00pm Technique Session #8  
2:00pm Competition Session #4  
3:00pm Core Training Session #4  
4:00pm Day four concludes

### Friday, June 11

9:00am Technique Session #9  
11:00am Shower  
11:30 Lunch  
1:00 Competition Session #5  
3:00 Clinic concludes

### WHAT TO WEAR...WHAT TO BRING

1. Clean workout clothes for every session (shorts, long-sleeve t-shirt, socks, underwear etc)
2. Wrestling shoes
3. Headgear (Can be borrowed for a \$25 deposit @ registration)
4. Kneepads (Can be borrowed for a \$25 deposit @ registration)
5. Soap, Shampoo and towel for showering
6. Notepad and writing utensil

### IMPORTANT CONTACT INFORMATION

1. Iolani Athletic Department Phone Number: 943-2208
2. Carl Schroers e-mail address: [schroers@iolani.org](mailto:schroers@iolani.org)