

## Schedule

July 9th

7:30-8:00-Registration

8:00-10:00 Technique

10:00-12:00 Team Building

12:00-1:00 Lunch

1:00-3:00 Technique

3:00-5:00 Live

7:00-10:00 Wrestler Activity

July 10th

7:30-8:00 warm-up

8:00-10:00 Technique

10:00-12:00 Team Building

12:00-1:00 Lunch

1:00-3:00 Technique

3:00-5:00 Live

July 11th

7:30-8:00 warm-up

8:00-10:00 Technique

10:00-12:00 Live

## Packing List

Wrestling Clothes (2 sets per day, shoes, etc...)

Gloves

Running Shoes

Sleeping Bag/Linen, towels, etc if staying @ National Guard

Extra Clothes

Swimming Suit

Personal Hygiene Items

## Cost/Lodging/Transportation

This camp is free to all participants. However lodging is on your own, unless you are a team with 8 or more wrestlers. The South Dakota Army National Guard has Rooms available at a minimal cost of \$5-\$10 per wrestler per night and may be able to provide transportation for Teams greater than 8. For more information please contact Jared Richter. The South Dakota Army National Guard will provide the lunch meal on Days 1 and 2, as well as snacks at breaks.



## For more Information Contact

Jared Richter

NCOIC TeamWest

SD Army National Guard

Cell: 605-770-8641

Phone: 605-737-6327

Email: jared.t.richter.mil@mail.mil

# South Dakota Army National Guard Wrestling Camp

➤➤ Grades 7-12 (see eligibility)



*Since 1862*

Location

Rapid City Stevens High School

Date

July 9-11, 2018

[State.NationalGuard.com/South-Dakota](http://State.NationalGuard.com/South-Dakota)

## Clinicians

The Clinicians for the Camp will be World Class Athletes Program Wrestlers. The WCAP program is a program that provides outstanding Soldier-athletes the support and training to compete and succeed in national and international competitions leading to Olympic and Paralympic Games, while maintaining a professional military career and promoting the U.S. Army to the world. These wrestlers are former Collegiate wrestlers that are continuing to compete on the world stage. The clinicians for the Camp this year are SSG Jermaine Hodge and TBD. They will focus on all aspects of wrestling to include top, bottom, and neutral positions, nutrition, and off season workouts.

For More information of the WCAP program go to:

[www.armymwr.com/wcap](http://www.armymwr.com/wcap)



## Format

This camp is designed to offer technique, team building, and competition all in one. We will utilize West Camp in Rapid City across the street from Stevens HS to build team work and Rapid City Stevens Gym for the wrestling camp. Your athletes will participate in different team building/challenge events throughout the camp-designed to build self esteem and confidence by pushing through adversity.

### Registration Information: email to Jared Richter

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_

School: \_\_\_\_\_

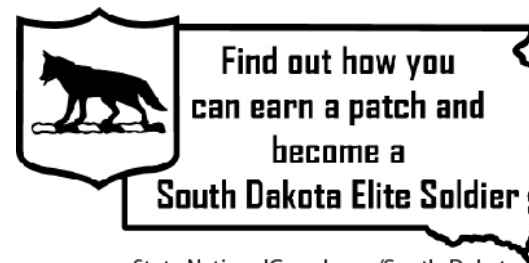
## POINT OF CONTACT

**Jared Richter**  
**NCOIC TeamWest**  
**SD Army National Guard**  
**Cell: 605-770-8641**  
**Phone: 605-737-6327**  
**Email: [jared.t.richter.mil@mail.mil](mailto:jared.t.richter.mil@mail.mil)**

## Eligibility

South Dakota Wrestlers must be in grades 7-12. Registration attached is due by July 7, 2018 so that we can plan meals, rooms, etc. Registration can be emailed to [jared.t.richter.mil@mail.mil](mailto:jared.t.richter.mil@mail.mil). We will accept registration on the 9th if names of participants are emailed to the contact provided.

As we get more information of teams and clinicians coming to this camp we will post information on Dakota Grappler and email the coaches who have committed to coming to the camp.



[State.NationalGuard.com/South-Dakota](http://State.NationalGuard.com/South-Dakota)