

**Chris Owens**

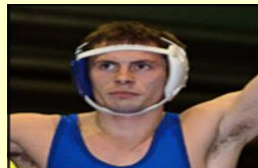
-2x All American/NCAA Finalist  
 -Big 8 Champion  
 Coaching Accomplishments  
 -6x Pac10 Team Champs as Assistant-Boise State  
 26 D-1 All Americans

**Adam Hall**

-2x All-American (Boise State)  
 -Junior National Freestyle Champ

**Kirk Smith**

-2x All-American (Boise State)  
 -NCAA Finalist  
 -Junior national Freestyle Champ

**Andrew Hochstrasser**

-2x All-American (Boise State)  
 -NCAA Finalist

**Kirk White**

-1999 NCAA Div 1 National Champion  
 -3x All-American at Boise State

**ADDITIONAL WORLD CLASS COACHES:****1.Cliff Laughlin**

-Olympic Freestyle Team Coaching Staff 1996  
 -National Wrestling Hall of Fame, Idaho chapter  
 -Pan am and University Games Coach

**2.Dave "Doc" Bennett**

-National Wrestling Hall of Fame, Class of 2015  
 -United States 2008 Olympic Committee Coach of the Year  
 -Former National Developmental Freestyle Coach for USA

**CAMP ADMINISTRATORS****Pat Owens**

-2x Idaho 4A High School Wrestling Coach of the year  
 -Idaho 5A High School Wrestling Coach of the year  
 -State Champions 2012 and 2014 Kuna High School

**Clint Milliron**

-Burley High School Head Coach 1999-2010  
 -USA Idaho National Team Coach 2000-2010  
 -Former ID Wrestling Coaches Assoc Pres. 2010-2011

**Chris Caldwell**

-Former Division 1 Wrestler  
 -Greco-Roman All-American (2x FILA Jr& 1x University)  
 -Suples Wrestling Club Coach 2012-Present

**CAMP PHILOSOPHY:**

OW Wrestling Camp strives to utilize the team camp environment to develop each and every wrestler on an individual basis. Wrestlers on a daily basis will wrestle 4-6 live matches, learn world class technique, and will be coached in functional strength training.

A counselor (with college wrestling experience) will be appointed for every team. "Our counselors will make a very positive impact on your wrestlers- we choose our counselors for their goal and desire to give back to the sport and aspirations to be future coaches and leaders of our sport" –Chris Owens

**CAMP DATES:**

- June 29<sup>th</sup>-July 2<sup>nd</sup>

**Email:**

christopherowens85@gmail.com

**Phone:**

(208)-514-5153

**Website:**

www.owwrestlingcamps.com

## WHAT TO BRING:

- Ample supply of workout gear (shirts, shorts, etc.)
- Headgear/ kneepads/ mouth guard if desired
- Wrestling shoes and Running shoes
- Some spending money (food / items for sale at camp)
- Dormitory needs
  - alarm clock, toiletries, bedding/pillow, towels, fan
  - coin operated laundry facilities available
- A GREAT ATTITUDE

## COST OF CAMP:

- Resident: \$275.00
- 20 or more from the same team=\$250
- Note: Teams of 10+ Wrestlers, will have Free room and board for 1 Coach
- Note: Does Not include housing on the 28<sup>th</sup>
  
- Commuter: \$200.00
- 10 or more from the same team=\$180.
- 20 or more from the same team=\$160.
- Commuters can add Meals for \$55 which includes Lunch and Dinner June 29<sup>th</sup>, 30<sup>th</sup> and July 1<sup>st</sup> and Lunch only on July 2<sup>nd</sup>

## AGES:

Middle School and High School Wrestlers

## DAILY SCHEDULE:

### June 28<sup>th</sup>:

- Registration: 5:00pm-7:00pm

### June 29<sup>th</sup>:

- On-site Registration: 7:00-9:00am
- Session 1: 9:00-11:00am (Technique & Matches)
- Lunch: 11:30-1:00pm
- Session 2: 2:00-4:00pm (Technique & Matches)
- Dinner: 5:00-6:00pm
- Coaches Session: 6:00-6:30pm
- Session 3: 6:30-8:30pm (Technique & Matches)

### June 30<sup>th</sup> and July 1<sup>st</sup>:

- Breakfast: 7:00-8:30am
- Session 1: 9:00-11:00am (Technique & Matches)
- Lunch: 11:30-1:00pm
- Session 2: 2:00-4:00pm (Technique & Matches)
- Dinner: 5:00-6:00pm
- Coaches Session: 6:00-6:30pm
- Session 3: 6:30-8:30pm (Technique & Matches)

### July 2<sup>nd</sup>:

- Breakfast: 7:00-8:30am
- Session 1: 9:00-11:00am
- Lunch: 11:30-1:00pm
- Session 2: 1:00-3:00pm
- Check Out: 3:00-5:00pm

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Name of School: \_\_\_\_\_

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

In case of Injury or Illness, necessary emergency treatment is authorized: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

I hereby waive and release OW Wrestling Camps from any and all liability and injuries or illness incurred while at camp. I authorize the said camp to act for me in any medical emergency, according to their best judgement.

Contact Phone #: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Note: Don't wait until it's too late camp may fill up fast! (Check or money order is accepted). Balance due upon arrival at camp. Make checks payable to OW Wrestling Camps. Please register online at: <https://campsoui.active.com/OWWrestlingCamp#/selectSessions/1481002> or Send Application and

payment to: OW Wrestling Camps c/o Chris Owens

4129 E. Arborvitae

Boise, ID. 83716