



Support  
2010

# GEORGIA

- World Class Instruction!
- Discover the skills for success!
- Enjoy a rewarding experience!
- Learn from a motivated staff!

June 24-26  
Middle School Technique  
Commuter Camp  
July 2-3

**Southern Hawk Wrestling Camps**

c/o Josh Henson

315 Shorter Ave.

Rome, GA 30165

**[www.southernhawkswrestling.com](http://www.southernhawkswrestling.com)**

**267-307-8464**

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SOUTHERN  
HAWK  
WRESTLING!  
**WRESTLING CAMPS**

Hosted by Shorter College

**Team Camp I: June 20 - June 24**

**Team Camp II: June 27 - July 1**

**Technique Camp I: June 20 - June 24**

**Technique Camp II: June 27 - July 1**

**“Little Hawk” Wrestling Skills**

**Commuter Camp**

On behalf of the Southern Hawk Wrestling Camps staff, welcome and thank you for supporting the only four-year, varsity college wrestling program in the state of Georgia! Your support is vital to our success as we head into our inaugural season in 2010. The Southern Hawk Wrestling Camps features world class clinicians that can match any camp in the country. Our clinicians represent four different colleges and universities and our counselors are all Division I wrestlers. Southern Hawk Wrestling Camps will give you a world class wrestling experience. We are excited about demonstrating techniques and training methods that have produced NCAA and Olympic Champions!

- JOSH HENSON - Camp Director**
- Shorter College Head Wrestling Coach**
- NCAA All-American**
- EIWA Champion**
- U.S. Open All-American**

**Wrestler's**

Name \_\_\_\_\_  
 Address \_\_\_\_\_

Home \_\_\_\_\_  
 Phone \_\_\_\_\_

E-Mail \_\_\_\_\_  
 School \_\_\_\_\_

Attended \_\_\_\_\_  
 Coach \_\_\_\_\_

Name \_\_\_\_\_  
 Coach E-Mail \_\_\_\_\_

Mail \_\_\_\_\_  
 Coach \_\_\_\_\_

Tel# \_\_\_\_\_  
 Name of \_\_\_\_\_

Parent/Guardian \_\_\_\_\_  
 Birthdate \_\_\_\_\_

Weight \_\_\_\_\_

Grade Entering Fall \_\_\_\_\_  
 2010 \_\_\_\_\_

Years Wrestling \_\_\_\_\_  
 Experience \_\_\_\_\_

T-Shirt Size (Circle) S M L XL XXL \_\_\_\_\_

**Parent or Guardian Authorization:**

*I hereby authorize my child's participation in the Southern Hawk Wrestling Camps and certify that within the past two years he has had a physical examination and is in good health and able to participate in all camp activities. If medical attention is required for illness or injury while attending camp, I give my permission for such care and I hereby waive and release the camp, its staff, and the host site of all liability for any illness or injuries which may occur. I understand that any wrestler who does not abide by camp rules and regulations is subject to dismissal without reimbursement or recourse and any damage to facilities will be assessed to those responsible.*

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Team and Family Discounts Available**  
**Register Online at [www.southernhawkswrestling.com](http://www.southernhawkswrestling.com)**  
**Send \$150 Non-Refundable Deposit With Registration Form**

**PLEASE MARK YOUR CAMP CHOICES**

**Team Camp I (June 20 - June 24)**

\_\_\_\_\_ Commuter (Lunch Included): \$275  
 \_\_\_\_\_ Resident (All Meals Included): \$375

**Technique Camp I (June 20 - June 24)**

\_\_\_\_\_ Commuter (Lunch Included): \$275  
 \_\_\_\_\_ Resident (All Meals Included): \$375

**Team Camp II (June 27 - July 1)**

\_\_\_\_\_ Commuter (Lunch Included): \$275  
 \_\_\_\_\_ Resident (All Meals Included): \$375

**Technique Camp II (June 27 - July 1)**

\_\_\_\_\_ Commuter (Lunch Included): \$275  
 \_\_\_\_\_ Resident (All Meals Included): \$375

**"Little Hawk" Wrestling Skill Commuter Camp**

**(June 24 - June 26)**

\_\_\_\_\_ \$170

**Middle School Technique Commuter Camp**

**(July 2 - July 3)**

\_\_\_\_\_ \$170

**Team Discount (10 or more wrestlers): \$15 off each**

**Sibling Discount: \$15 off of each wrestler**

**\$150 DEPOSIT DUE BY MAY 30, 2010**

**Cardholder's**

Name \_\_\_\_\_

**Credit Card**

# \_\_\_\_\_

Exp. \_\_\_\_\_

Date \_\_\_\_\_

**\$150 Deposit Full Amount**

**Make Checks Payable To:**

Southern Hawk Wrestling Camps

315 Shorter Ave. • Rome, GA 30165

**JOSH HENSON**  
**A Welcome From**  
**SOUTHERNHAWKWRESTLINGCAMP**  
**APPLICATION**

# BE THE FIRST. BE THE BEST.

SUPPORT GEORGIA WRESTLING!

## FEATURED CLINICIANS

### (WEEK 1)

**Rob Eiter**

*Head Coach, University of Pennsylvania*

- 1996 Olympic Team Member
- 5-time U.S. Open National Champion
- Member of ASU National Championship Team

### **Team Competition Camp (Ages 13-18)**

This camp was developed to give individuals and teams not only world class techniques and strategies, but competitive matches as well. This camp is geared to competitors of all levels. A current American University wrestler will coach each team for the entire week. Campers will compete in three dual meets a day, as well as technique sessions from both their "coach" and guest clinicians. There will be technique sessions after every dual meet - these sessions will be a critique and review of the match just completed. There will also be an individual tournament at the end of camp. Campers will receive plenty of competition through dual meets, individual tournament, and technique sessions.

**Matt Valenti**

**Mark Cody**

*Head Coach, American University*

- 2-time All-American
- Coached six different NCAA Champions

### **"Little Hawk" Wrestling Skills Camp**

This camp is geared towards the younger wrestler, ages 10 and under. The camp staff will focus on the development of basic, core drills and techniques. Campers will be grouped by experience level so that each camper may learn at their own pace.

*Other Clinicians:*

**Kyle Borshoff: 2009 NCAA All-American (American University)**

**Mike Cannon: 2009 NCAA All-American (American University)**

**Steve Fittery: 2-time NCAA II National Runner-up**

**Wayland Lowe: 3-time NCAA II National Champion (Findley University)**

**\*\*Counselors are wrestlers from the #15-ranked American University wrestling team**

*Assistant Coach, University of Pennsylvania*

- 2-time NCAA Champion

- 3-time All-American

- U.S. Open All-American

**Joe Henson**

*Assistant Coach, Campbell University*

- U.S. Open All-American

- 4-time NCAA Qualifier

### **Technique Camp (Ages 10-18)**

## FEATURED CLINICIANS

### (WEEK 2)

This camp is designed for wrestlers at every experience level. Campers will learn technique in all three areas: feet, top, and bottom. Basic fundamentals to college-level skills will be taught by experience level so that each camper is allowed to learn at his own pace. Wrestlers will have the option to wrestle live at the evening session.

**Matt Lindland**

- 2000 Olympic Silver Medalist

- 2001 World Silver Medalist

- 21-7 MMA Record

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