

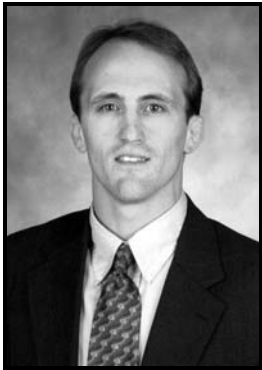
# 2007 Army Wrestling Camp at West Point

Chuck Barbee -- Director  
Head Wrestling Coach, USMA  
For Questions Call 845-938-7671 or kelly.spaulding@usma.edu



- July 8-12, 2007**      **Competition/Technique Camp**  
**July 8-12, 2007**      **Kids Camp**  
**July 22-26, 2007**    "Ranger Style" Intensive Camp

**Army Wrestling Camps are held on the historic campus of the United States Military Academy at West Point, NY. It's a great way to get some of the "Nation's Top Wrestling Training."**



**CAMP DIRECTOR**  
**CHUCK BARBEE**  
**Head Wrestling Coach,**  
**US Military Academy**

- 3X NCAA All-American at Oklahoma State University
  - Big 8 Conference Champion
  - University National Freestyle Champion
  - Espoir National Champion
  - World Cup Team Member
- Member of 2 National Championship teams while at Oklahoma State
  - Former Head Assistant Wrestling Coach at the University of Oklahoma

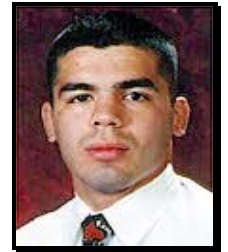


**Head Assistant Coach**  
**Mike Clayton, USMA**

- US Naval Academy Grad, 1995
- Former Head Coach at Apprentice
- Coached 30 All-Americans and 8 NCWA National Champions
- NCAA Qualifier, 3X EIWA Placer
- Armed Forces Silver Medalist '96
- Iowa High School Record 116-15

**Co-Head Assistant Coach – Billy Maldonado,**  
**USMA**

- Former Grad Assistant at Iowa State University for Strength and Conditioning and Cyclone Club Head Coach
- NCAA All-American 2002
- 4X NCAA Qualifier
- 2X Indiana State Champion and High School National Runner-up



**PLUS: Many other outstanding HS Coaches and College Wrestlers during each camp.**

## **CAMP DETAILS**

### **What to Bring:**

Each camper will need to bring his own bedding & pillows as these are not provided in the dormitories. You should bring enough workout gear for the 4 days of camp (T-shirts, Shorts & Socks) keeping in mind that there will not be sufficient time to do laundry during the week. Other items that each camper will need are Toiletries, running shoes, casual clothing, alarm clock, small fan and any other personal items you might need. Please do not bring items such as CD players etc. as the rooms will not be locked.

### **Meals and Lodging:**

Campers will have the opportunity to experience cadet life while staying in the Bradley Barracks at the historic United States Military Academy. Meals will be an all you can eat style and served in Eisenhower Hall. The first meal served will be dinner on Sunday and the last is lunch on Thursday. Campers will be housed 4 to a room and both beds and cots with mattresses will be used.

### **Age and Skill Requirements:**

- Competition/Technique Camp:**                      12 years and older-Beginner thru Advanced
- Kids Camp**    8-12 Years old, beginners through advanced.
- Intensive Camp:**    13 years and older and the willingness to work hard.

## **Registration:**

All Camps require a deposit of \$300.00 to hold your spot. The deposit is non-refundable except in unusual circumstances such as an acute medical condition. Camps are filled on a first come first serve basis. Please enroll early to ensure a spot for you and/or your team.

## **Check-in & Check-out:**

Check in is between the hours of 1-4 pm the first day of camp and checkout will be at 5:00pm the last day of camp. All West Point campers will receive detailed check in and checkout procedures after your application has been received. As a security Measure all campers will have a room-by-room luggage inspection by camp staff. The inspection is to ensure no contraband items have entered the barracks and everyone can enjoy a fun, exciting and safe camp experience.

## **Coaches Attendance:**

A limited number of coaches coming to the Army Wrestling Camp with their wrestlers may attend for no charge. Please call Coach Barbee for details 845-938-3123. Coaches attending after coaches bed space is filled will pay the regular camper rate.

## **Camp Descriptions**

### **Competition/technique Camp:**

The Competition/technique Camp is focused on the 2 basic principles...learn new skills and then try them in competition. This camp will focus on providing participants a series of skills and techniques that are proven successful at the highest level. Takedowns, riding, pinning and escapes will all be covered during camp. Complementing the drill and teaching sessions will be the opportunity to compete with other campers in live practice sessions, dual meet competitions, round robins and mini tournaments. During the entire week, the Army Wrestling Camp staff will be providing detailed instruction to the group, as well as providing one on one instruction during the competitive portions of our workouts. Bring one teammate or bring ten, either way you will get a great week of learning and wrestling. Checkout time is 5:00pm July 12th

### **“Ranger Style” Intensive Camp:**

The Army “Ranger Style” Intensive Camp is designed for the serious wrestler who wants to train in an awe-inspiring environment. In this camp we will run, drill and wrestle intensely each day. We will talk about training, peaking, weight management and strength training during several formal and informal sessions. This is a great chance to come see what its like to live at West Point and ***train like a champion.*** Please remember, we will run, wrestle and drill each day so you should plan on coming to camp in reasonably good shape and be prepared to work hard. Checkout time 5:00pm July 26th

### **Kids Camp:**

The Army Wrestling Kids Camp is designed to challenge the young veteran and bring the novice wrestler up to speed on all the major skills needed to become a seasoned veteran. Campers will learn tons of wrestling and get to compete against other youngsters from across the region. In addition to wrestling we will also spend time swimming, studying wrestling videos and various other games and activities. The USMA is an ideal place to send a young camper. The safe and secure environment that West Point provides can help parents rest better while their child is away from home. **Checkout time 5:00pm July 12<sup>th</sup>.**

## **ENROLLMENT IS LIMITED! PLEASE REGISTER EARLY**

<b><u>CAMP COSTS</u></b>	
July 8-12th	<b>Competition/technique Camp</b> Overnight \$450.00 Commuter \$400.00
July 8-12th	<b>Kids Camp</b> Overnight \$450.00 Commuter \$400.00
July 22-26th	<b>Intensive Camp</b> Overnight Only \$450.00

