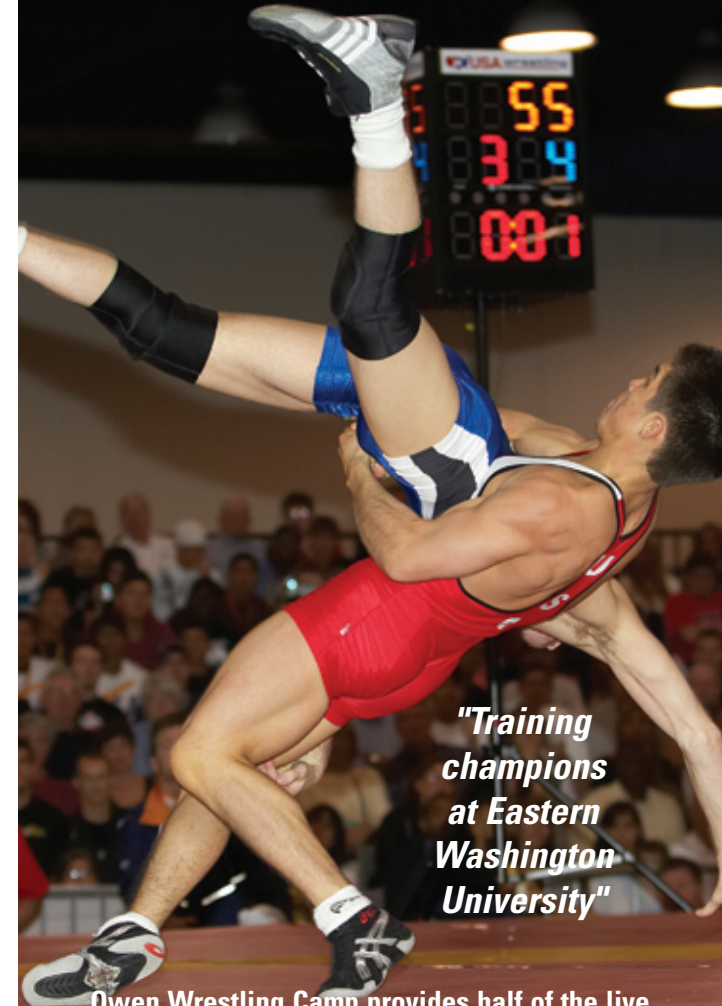


2008 OWEN WRESTLING CAMP

# Technique Camp Team Camp June 28-July 2

Featuring

*Henry Cejudo, 2007 U.S. National Champion  
and Pan American Gold Medalist.*



*"Training  
champions  
at Eastern  
Washington  
University"*

Owen Wrestling Camp provides half of the live matches in one week that wrestlers would normally receive in one full season of high school competitions.



## Technique Camp (held at *The Pub* at EWU)

- Three technique sessions daily
- Weight training 11 a.m.-12 p.m.
- Swimming 1-2 p.m.
- Organized games 11 a.m.- 12 p.m.
- Takedown tournament last evening of camp 6 p.m.
- Large and small group method of instruction
- Live wrestling after evening session
- Camp store open during camp hours
- We welcome all ages

## Team Camp (held at the *Field House* at EWU)

- Weigh in first session as a team
- Three sessions of wrestling held daily
- Morning session focuses on technique
- Dual meet competitions at afternoon and evening session
- Team champion will be crowned at the end of camp following the weekly pool competition
- Awards will be presented to each member of the winning team
- Each wrestler will compete in an individual takedown tournament at 6 p.m. on the last evening of the camp.

## Medical Insurance

Each camper is responsible for their own insurance. NO ONE will be admitted to the camp without a signed emergency release including an insurance policy number (on the application form).

For more information call  
509.926.4263 or cell 509.220.4959

Visit our website at  
[www.owenwrestling.com](http://www.owenwrestling.com)

## Owen Wrestling Camp 2008 Application

I will attend  Technique Camp 6/28-7/2  Team Camp 6/28-7/2  Commuter  T-Shirt size (circle one) Men's S M L XL XXL XXXL

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

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name of School \_\_\_\_\_ Grade in School \_\_\_\_\_

In case of injury or illness, necessary emergency treatment is authorized.

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

I hereby release Owen Wrestling Camp from any and all liability and injuries or illness incurred while in camp. In case of illness or injury incurred while in camp, I authorize the said camp to act for me in any medical emergency, according to their best judgement.

Home Phone \_\_\_\_\_ Cell phone \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

Enclosed is \$125 for my deposit. (Check or money order). The balance due (\$160) will be paid upon my arrival at camp. Deposits are non-refundable. Make checks payable to Owen Wrestling Camp and mail with application to Owen Wrestling Camp • P.O. Box 486 • Veradale, WA 99037.



### John Owen

Camp director. Head coach at Central Valley H.S. Former head coach at North Idaho College, with eight national junior college team championships. Coached over 100 junior college All-Americans, and 35 individual national champions.



### Craig Hanson

East Valley H.S. head coach. Four time Region 4 Coach of the Year. 1997 AAA State Champions and 2005 runner-up. Washington Junior Freestyle/Greco director.



### Henry Cejudo

U.S. National Champion in 2007, and Pan American Gold-Medalist. Cejudo is currently the #1 ranked 121 pound freestyle wrestler in the U.S. In 2007 he became the first high school wrestler to win the U.S. Nationals. In 2006 Cejudo was ASICS national High School Wrestler-of-the-Year, and went on to become a four-time Colorado State Champion.



### Greg Randall

Head Wrestling Coach, Boise State University. Randall was a three-time All-American at the University of Iowa. Randall is also a former four-time Iowa State Champion. Coach Randall's four-year record at Boise State is 37-18.



### Shane Cunanan

Assistant wrestling coach, Central Valley H.S. Sixth place at NCAA National Tournament in 2003 at the University of West Virginia. Three-time national qualifier. Former Washington High School State Champion at Central Valley H.S.



### Curtis Owen

Assistant Coach at Chandler H.S. in Phoenix, Arizona. 2003 NCAA National Tournament 4th place. 2003 1st team Academic All-American. Junior College National Champion NIC. Two-time Montana State Champion.



### Pat Owen

Assistant Coach, Harvard University. Career 100 Win Club. University of Michigan. 2nd at 2003 Las Vegas Invitational. 2003-2004 NCAA National Tournament Qualifier. Former three-time Montana State Champion.



### Tommy Owen

Assistant Coach. Boise State University 2005. NCAA Qualifier 2004 and 2005. University of Minnesota. 7th at University Freestyle Nationals 2003. 2001 Junior World Freestyle Champion. 2001 National H.S. Champion. Former three-time Washington State Champion.



### Corey Owen

Assistant wrestling coach at Zionsville H.S. in Zionsville, Indiana. A Dickinson State University graduate, he wrestled for two years at North Idaho College, and is a former two-time Montana State Champion.



### Todd Slater

Assistant coach at East Valley H.S. Placed second in the Washington State Tournament in 2000. Wrestled for two years at North Idaho College.

### Camp Schedule

7:30-8:00 a.m.	Breakfast
9:30-11:00 a.m.	Session I
11:30 a.m.-12:30 p.m.	Lunch
2:30-4:00 p.m.	Session II
4:00-5:00 p.m.	Organized games
5:00-6:00 p.m.	Dinner
7:30-9:00 p.m.	Session III
10:30 p.m.	In rooms
11:00 p.m.	Lights out

### Clip and Save

- Check in for Technique Camp: EWU Morrison Hall  
Check in for Team Camp: EWU Morrison Hall
- Check in June 28 1-4 p.m.
- Transportation is provided to and from Spokane to EWU for campers who travel by train, plane, or bus.
- First meal is 5 p.m. first night of camp
- First session will start at 7 p.m.
- Camp ends promptly at 11 a.m. on the last morning

### What to bring

Sleeping bag, pillow, towels, toiletries, work-out gear, wrestling shoes, casual play clothes, warm jacket, swim suit, softball glove, spending money for snacks, notes, t-shirts, etc. Head gear and singlets optional.

### 2008 Owen Wrestling Camp

This year **Owen Wrestling Camp** will offer a Team Camp and a Technique Camp from June 28 through July 2 at Eastern Washington University. Team Camp will be held at the *Field House* which provides space for 12 full regulation mats used during camp. Technique Camp will be held at *The Pub* in the Student Union Building.

We are excited to have Henry Cejudo join our instruction staff this summer. Henry is the youngest member of the U.S. Olympic Freestyle Team. At 21 he is one of the best and most exciting young wrestlers in the world. Cejudo is the first high-schooler to win the U.S. Nationals.

**Owen Wrestling Camp** has also added Greg Randall from Boise State to our camp staff. As a former three-time Division I All-American, he will provide excellent teaching experience and technical knowledge to our campers.

### Camp Philosophy

The Owen system stresses takedowns as its defining feature. Both camps will include a take-down tournament on the final evening. ALL our camps are set-up to provide instruction for beginning through advanced wrestlers. Training to be a champion is our camp emphasis.

### Cost of Camp

Camp cost is \$285 for the week. The price includes 14 wrestling sessions, 14 meals, 5 nights lodging, and a camp t-shirt. A camp discount of \$5 per person is available for those teams enrolling five or more wrestlers from the same school. The first meal is at 5 p.m. on the first evening of camp. The last meal is a continental breakfast on the last morning of camp.

### Commuter rate

- \$150 includes t-shirt and noon meal

### Coach rate

- \$150
- \$100 with five wrestlers enrolled
- FREE with 10 wrestlers enrolled