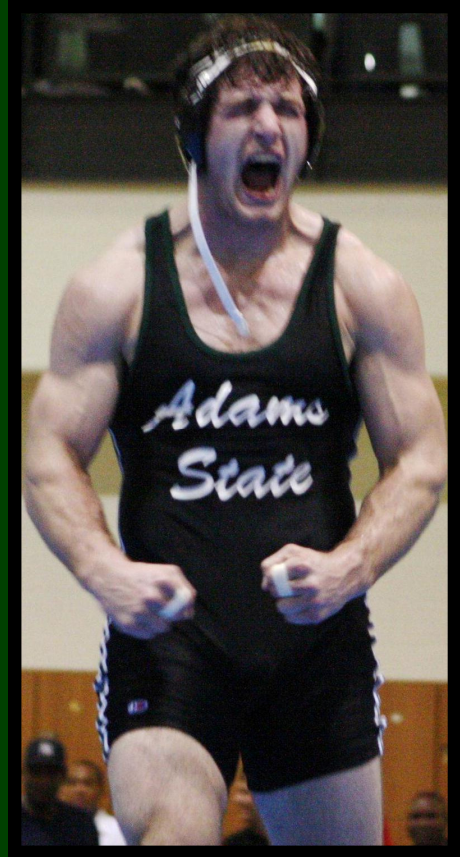




Adams State College Wrestling  
 208 Edgemont Blvd.  
 Alamosa, CO 81102

# ADAMS STATE GRIZZLIES



2009 NATIONAL CHAMPION  
 KYLE SAND

## COOL SUNSHINE WRESTLING CAMP

JUNE 12-15  
 2011

Non-Profit  
 Organization  
 U.S. Postage  
**PAID**  
 Adams State  
 College  
 Permit 80

- **Everyone is welcome**

All wrestlers from 7th through 12th grades are welcome to attend

- **Housing and meals**

Resident campers will be housed on the Adams State College campus. You will need to bring your own towels, toiletries and linens/sleeping bag. Breakfast, lunch and dinner will be served in the dining area within the student union building.

- **Individuals and Partial Teams**

Will be placed onto a team for the competition portion of the camp. Team coaches are asked to call ahead if they have team that is planning on attending.

- **Equipment**

Athletes will need to bring wrestling and running shoes, plenty of workout gear (shirts/shorts) and their swimming trunks. Wrestlers are encouraged to bring a singlet for the competition portion of camp. An alarm clock will also be useful.

- **Technique**

Under head coach Jason Ramstetter the Grizzlies have become one of the most technically proficient teams in the country. We are known for our unorthodox technical abilities in all positions on the mat. High caliber, innovative technique is the key to taking your wrestling to the next level. Our small clinician to camper ratio provides a one on one technical experience that you cannot find at any other camp.



- **Wrestling**

At Adams State we understand that live wrestling in the summer creates winter champions. We are dedicated to getting each camper as many live matches as possible.

Matches during the dual/competition portion of camp will consist of three 90 second periods and follow high school rules and regulations (save for the singlet and headgear requirement).

Wrestlers will be weighed-in when they arrive at camp in order to expedite the dual format of competition. Matches will be paired using high school weight classifications.

Grizzly wrestlers will be on hand to help coach during the dual competition sessions.



# CLINICIANS

## JASON RAMSTETTER



- Head coach Adams State College
- 2003, 04, 05, 07, 09 Colorado Collegiate Coach of the Year
- NCAA Division I All-American
- 1992 High School All-American
- 3X CO State Champion

In his first 11 years with the Grizzlies, Ramstetter has coached six wrestlers to NCAA Division II Individual National Championships and has guided 20 different wrestlers to 37 combined All- America honors. Led by this group, the Grizzlies have finished in the top 10 at the NCAA Division II National Championships seven straight times from 2003-09

## KYLE SAND



- Assistant Coach Adams State College
- 2009 Division II National Champion
- 2007 NJCAA National Champion
- 4X undefeated CO State Champ

## ARSENIA BARKSDALE



- Assistant Coach Adams State College
- 2009 Division II National Champion
- 4X Div. II All-American
- VA State Champion

## TRAVIS KOPPENHAFFER



- Assistant Coach Adams State College
- 2008 Olympic Team Trials Qualifier
- 2004 Division II National Champion
- 3X Div. II All-American

## JOEY DEAGUERO



- Assistant Coach Adams State College
- 3X Division II All-American
- 3X CO State Champion

# CAMP SCHEDULE

## SUNDAY JUNE 12

10 p.m.-12 p.m. ....Check-in (Plachy Hall)  
 1:00-5 p.m. ....Session I (Tech/Comp)  
 5:30-6:30 p.m. ....Dinner  
 7:00-9 p.m. ....Session II (Competition)  
 9-10:30 p.m .....Recreation/Free Time  
 10:30 p.m. ....In Room  
 11 p.m. ....Lights Out

## MONDAY JUNE 13– TUESDAY JUNE 14

7:30-8:30 a.m. ....Breakfast  
 9-11:30 a.m. ....Session I (Tech/Comp)  
 11:30-12:30 p.m. ....Lunch  
 1:00-5:00 p.m. ....Session II (Competition)  
 5:30-6:30 p.m. ....Dinner  
 7:00-9 p.m. ....Session III (Competition)  
 9– 10:30 p.m. ....Recreation/Free Time  
 10:30 p.m. ....In Room  
 11 p.m. ....Lights Out

## WEDNESDAY JUNE 15

7:30-8:30 a.m. ....Breakfast  
 9 a.m.-12 p.m. ....Session I  
 12p.m.....Dismissed

# CAMP STAFF

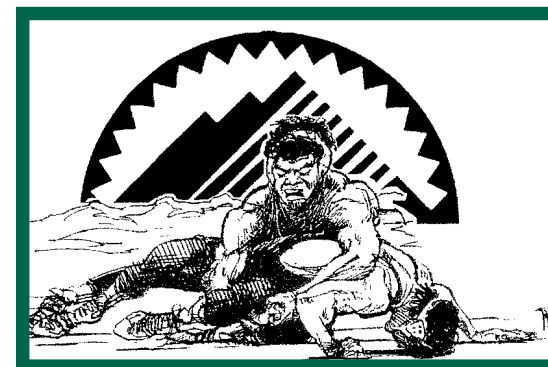
Adams State College Wrestling Team Members  
 including All-Americans Josh Hensley, Luke  
 McPeak, & Kenny Jordan



**FOR MORE INFORMATION OR  
 QUESTIONS PLEASE CONTACT  
 ASC WRESTLING**

**TRAVIS KOPPENHAFFER  
 CAMP DIRECTOR  
 (719) 588-8685**

**ASCWRESTLING@ADAMS.EDU**



# **COOL SUNSHINE WRESTLING CAMP REGISTRATION FORM**

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_( ) \_\_\_\_\_

Weight Class: \_\_\_\_\_

I certify that my child is in good health and may participate in all activities. In case of emergency, I grant permission for treatment to be given at local hospital.

Parent(s) Name: \_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_

Emergency Phone: \_( ) \_\_\_\_\_

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

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

## **CIRCLE YOUR SELECTON**

Resident (all meals and housing).....\$275

Resident (all meals and housing)

Teams of 10 or more.....\$250

Commuter (w/lunch & dinner).....\$175

Commuter no meals.....\$100

Please send your registration and a \$50 dollar deposit to:

Adams State Wrestling

Plachy Hall, Adams State College

Alamosa, CO 81102

Make Checks Payable to:

Adams State Wrestling