



# VALLEY WRESTLING CAMP

June 3-6

Grades 8-12: 8-10 a.m. | Grades 2-7: 10:30-Noon



### CAMP PHILOSOPHY

Any wrestler who is willing to put forth the effort can be successful. It is the goal of the camp to introduce a series of techniques that when followed will allow a wrestler great opportunity to succeed. Techniques that will be covered include: stance, motion, penetration, singles, doubles, fireman's carries, rides, reversals, and pinning combinations. Other facets of wrestling that will be discussed include: weight lifting, conditioning, and live wrestling.

### ELIGIBILITY

The camp is open to all boys who will be in grades 2-12 next fall. Wrestlers will be put into groups according to age and ability. You will not receive a confirmation notice of acceptance. We will accept all wrestlers!

### CAMP INFORMATION

All sessions will be held at Valley High School in the wrestling room

Grades 8-12, 8-10 a.m., June 3-6 (Monday-Thursday), \$55

Grades 2-7, 10:30-noon, June 3-6, \$55

Family Discount

Two Children: \$100, Three Children: \$145, Four Children: \$180

\*High School wrestlers who have to miss days for baseball games may subtract \$10 for each day they will miss.

\*\*To be guaranteed a T-shirt, you need to be registered by June 3.

### TIGER WRESTLING NOTES

#### 2019 State Qualifiers & Place Winners

Beau Lombardi, state champion	220
Nick Oldham, second place	126
Caleb Corbin, third place	145
Blake Underwood, fourth place	170
C.J. Stillman, qualifier	182
Team: Sixth-place at state tournament	

#### State Dual Meet Qualifiers

1999	2014
2003	2016 (champs)
2004 (second)	2017 (fourth)
2007	2018 (fourth)
2009 (third)	2019
2010 (fourth)	
2011	
2012 (second)	

#### State Tournament Top-Five Finishes

2011, fifth 2016, third 2017, third 2018, fourth

### ABOUT YOUR COACHES

#### Camp Director Travis Young

Travis Young completed his 22nd year as head wrestling coach at Valley High School. He led the Tigers to their 13th state dual meet tournament and a 6th-place finish at the traditional state meet. In 22 years, Young has compiled a record of 393-108-1 with 148 state qualifiers and 77 state place winners, including 11 state champions.

Prior to the head coaching job at Valley, Young spent three years as an assistant coach at Valley, one at Indianola High School, and one at Simpson College. As a wrestler at Simpson, he was a two-time NCAA Division III national champion and a four-time All-American. Young was also twice named an Academic All-American.

Coach Young attended Indianola High School, where he won a state championship in 1987.

#### Camp Counselor Jeff Dyer

Jeff Dyer completed his 23rd year as assistant wrestling coach at Valley High School. He attended Buena Vista University, where he was a three-time Division III national qualifier and a two-time Academic All-American. Dyer went to high school in Glenwood and was a two-time state qualifier.

### GUEST TECHNICIAN

A guest clinician will assist with two days of the grades 7-12 portion of the camp.

## 2019 VALLEY WRESTLING CAMP REGISTRATION FORM

Student's Name \_\_\_\_\_ Age \_\_\_\_\_ Grade (2018-19) \_\_\_\_\_

Address \_\_\_\_\_

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

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

Please Circle T-Shirt Size: Youth Medium Youth Large Small Medium Large X-Large XX-Large

Please return form and payment to: Valley Athletics—Wrestling Camp  
Valley High School  
3650 Woodland Ave.  
West Des Moines, IA 50266

Please contact Travis Young at 515-979-0751 with any questions.

In consideration of the acceptance of this application for enrollment in the Valley Wrestling Camp, I/We intend to be legally bound hereby for myself, my heirs, executors and administrators, to waive and release any and all rights and claims for damages I/We may have against the West Des Moines Community Schools, all sponsors, and all employees of the Valley Wrestling Camp for any damages which may be sustained or suffered by in connection with my/our associating to, participating in or returning from the camp. I/We hereby grant permission for my/our child to be a participant in the Valley Wrestling Camp and if any injury should occur during, traveling to, or returning from the camp I/We agree to pay for all costs, present and future, through my/our medical insurance policy and/or personal finances.

Applicant's Signature \_\_\_\_\_

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

Insurance Carrier \_\_\_\_\_