

# 2023 SCSU WRESTLING CAMP REGISTRATION FORM

PLEASE PRINT

**Camp Selection:**  Grades K-2  Grades 3-6  Grades 7-12

Name \_\_\_\_\_ Age \_\_\_\_\_  
 Height \_\_\_\_\_ Weight \_\_\_\_\_  
 Parent/Guardian Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Day Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_  
 Email Address: \_\_\_\_\_

### WAIVER STATEMENT

I hereby waive, release and forever discharge St. Cloud State University and its representatives from any liability or property damage that may occur during participation in this club/clinic. I am aware of the risks involved with wrestling and verify that this participant is physically fit to participate. I grant permission for my son/daughter to receive medical treatment by a medical professional.

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

**Make check payable to:** SCSU Wrestling  
**Mail payment with registration form to:**

St. Cloud State Wrestling  
 307 Halenbeck Hall  
 720 - 4th Ave. S  
 St. Cloud, MN 56301-4498

### Select T-Shirt Size:

Adult:  Small  Medium  Large  XL  XXL  
 Youth:  Small  Medium  Large

[www.stcloudstate.edu/athletics/sports/wrestling](http://www.stcloudstate.edu/athletics/sports/wrestling)

**Note:** Registrations are due via mail or email by; Friday, June 16.

## What to bring

- Workout gear, including wrestling equipment, running shoes, shorts, t-shirts, socks.
- Wrestling shoes, head gear, kneepads, and running shoes.
- Campers will be expected to shower after every practice so they will need: swimsuit, towel, soap, shampoo.
- Cell phones for emergencies only. (If they become a problem, they will be taken away until the end of camp)
- Snack and Water (optional)
- Any medications that need to be taken (We will be doing skin checks at the beginning of camp - so have any doctors notes or skin conditions taken care of!!!)
- Notebook and pencil.



### For more information visit:

**Contact: Coach Costanzo at**

(O) 320-308-2996 or (C) 320-309-4878

E-Mail: [sscostanzo@stcloudstate.edu](mailto:sscostanzo@stcloudstate.edu)

or

**Coach Wilson at**

(O) 320-308-3159 or (C) 507-330-3877

E-mail: [bjwilson@stcloudstate.edu](mailto:bjwilson@stcloudstate.edu)

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A member of Minnesota State  
 PS660.12

# HUSKIES WRESTLING CAMPS 2023



JUNE 19, 20, 21  
 HIGH SCHOOL TECHNIQUE CAMP  
 YOUTH TECHNIQUE CAMPS

2 Sessions: K-2: 9 A.M. – NOON,  
 3-6: 1 P.M.- 4 P.M.

1 Session: 7-12: 5:30 P.M. - 7:30 P.M.

ST. CLOUD STATE  
 UNIVERSITY™

EDUCATION FOR LIFE.

# HUSKIES WRESTLING CAMPS 2023

## Coaching Staff



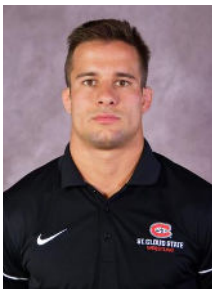
**Steve Costanzo**, St. Cloud State Head Wrestling Coach

- 17th Season at SCSU
- 2006 NAIA Coach of the Year
- 3X NCAA DII Coach of the year
- 8X NSIC Coach of the year
- 3X NCAA DII All-American



**Brady Wilson**, St. Cloud State Assistant Wrestling Coach

- 12th Season at SCSU
- 2010-2011 Assistant at MSU-Mankato
- 4x NCAA DII All-American
- MSU-Mankato's All Time Wins Leader



**Jake Barzowski**, St. Cloud State Graduate Assistant Wrestling Coach

- 1 Season as Graduate Assistant Coach
- 5 Years Starter for the Huskies
- 2X All-American
- 2 Year Team Captain

## Typical Day - Schedule

**Typical Day - Grades K-2**  
8:30 am K-2 Registration/Check-in  
9:00 am News and Announcements  
9:05 am Warm Up  
9:15 am Technique  
10:15 am Game  
10:30 am Snack  
10:45 am Technique  
11:15 am Live wrestling  
12:00 pm Break down/Dismissal

**Typical Day - Grades 3-6**  
12:30 pm 3-6 Registration/Check-in  
1:00 pm News and Announcements  
1:05 pm Warm Up  
1:15 pm Technique  
2:15 pm Game  
2:30 pm Snack  
2:45 pm Technique  
3:15 pm Live wrestling  
4:00 pm Break down/Dismissal

**Typical Day - Grades 7-12**  
5:00 pm 7-12 Registration/Check-in  
5:30 pm News and Announcements  
5:35 pm Warm Up  
5:45 pm Technique/Drilling  
6:45 pm Live wrestling  
7:30 pm Break down/Dismissal

### Location for both camps:

St. Cloud State University  
Halenbeck Hall Wrestling Room  
720 4th Ave. South • St. Cloud, Minn. 56301

## THIS IS HUSKY WRESTLING!

- 5X NCAA DII National Champions
- 7X NWCA National Dual Meet Champions
- 11X NSIC Champions
- 2011, 2012, 2013, 2017 NCAA DII Runners-Up
- 77 dual meet wins (NCAA Record)
- 17 National Champions
- 148 All-Americans
- 3 USA Olympians
- 110 Conference/Regional Champs
- 141 NWCA All-Academic Award Winners

**"Building Life Champions"**

## Camp Highlights

### Takedowns:

Takedowns-The focus in the neutral position will be on solid leg attacks, set-up by consistent pressure on the opponent. We will also learn how to work the head, short offense, and upper body throws/trips.

### Defense and Counter Attacks:

Here we will cover solid lines of defense, and what to do when an opponent gets to your legs. "An offensive defense"!

### Top:

Although we will cover many top techniques, the focus will be on turning the toughest opponents with tilts and legs.

### Bottom:

Attack from the bottom with an explosive stand-up series as well as secondary bottom combinations.

### Drilling:

Learn to drill the above mentioned topics both intensely and effectively through pressure wrestling!

### Games and Live Wrestling:

Camp games and live wrestling are steadily incorporated throughout the camp to enhance the participants experience.

## THREE GREAT CAMPS

### HIGH SCHOOL CAMP

3 Days - June 19, 20, 21, 2023, \$75 **NOTE: Refund Policy - You assume the responsibility for your purchase, and no refunds will be issued.**

5:30 p.m. to 7:30 p.m. • Grades 9-12

6 Hours of Husky Style Wrestling Techniques, Drills, and Live goes  
**Check in: 5:00 PM on June 19 at Halenbeck Hall Fieldhouse**

### YOUTH CAMP

3 Days - June 19, 20, 21, 2023 \$100 **NOTE: Refund Policy - You assume the responsibility for your purchase, and no refunds will be issued.**

9 a.m. to 12 p.m. • Grades K-2

**Check in: 8AM to 9AM on 6/19 at SCSU Fieldhouse**

1 p.m. to 4 p.m. • Grades 3-6

**Check in: 12PM to 1PM on 6/19 at SCSU Fieldhouse**

*Maximize learning new techniques, and drills while providing opportunities to compete in live match situations.*

### NOTE:

**You can Also Register online at  
[www.wrestling.scsuhuskiessportcamps.com](http://www.wrestling.scsuhuskiessportcamps.com)**