

## 2013 NEBRASKA INDIVIDUAL

### WRESTLING CAMP

## AGES 6-18 (K-12)

### Three Day Individual Technique Camp

#### Goals:

1. Participant(s) will learn the basic fundamentals of wrestling (set-ups, tie-ups, head clears, take-downs and counters, escapes/reversals, breakdowns and counters, pinning combinations, cross body ride and counters, advanced moves, Coach Manning's favorite moves, Coach Manning question and answer (moves, counters, situations), mat awareness, training (off-season), nutrition, weight management, and drilling strategies.
2. Participant(s) will learn how to apply wrestling principles in order to be successful in life by Coach Manning.

#### Opportunities Provided:

1. Three days of quality instruction by the country's best.
2. Learn new techniques in order to be successful (state and national level).
3. Mat experience. (King Of The Mat)
4. Make new friends who share the same goal.
5. Camp t-shirt.

## Instructors

Mark Manning



Ken Wilson



Jim Barnes



Jerry Honeycutt



## Instructors:

### Mark Manning

He is in his 9th year as the University of Nebraska head coach. He is the winningest coach in Nebraska history. In 2009 they were the Big 12 Champs. He has coached 27 All-Americans. He has had 5 top 8 finishes. His record at Nebraska is 126-45-3 (.733). He was back to back Big 12 Coach of the Year. He coached Jordan Burroughs, the 2011 Dan Hodge Award and World Champ.

### Ken Wilson

He is the coach at Chapin High School. He is a former coach at Dutch Fork High School and Spring Valley High School. He has amassed over 370 victories in his coaching career.

### Jim Barnes

He was a S.C. high school head coach for 31 years and led his teams to 17 state titles and 8 runner-up finishes. He coached 85 individual state champions. His record includes 415 wins and over 25 Coach Of The Year awards (state, regional, national). He is a member of the National Wrestling Hall Of Fame. He is a great clinician and motivator.

### Jerry Honeycutt

He was a former assistant coach at Spring Valley (4 years) and Rock Hill (7 years-1 state title and 2 runner-ups). He was a former head coach at East Meck (2 years-led team to the state duals in his first year-2<sup>nd</sup> time in school history). He is a great motivator.

#### Directions to

Dutch Fork High School  
1400 Old Tamah Road  
Irmo, SC 29063  
(803) 732-8050

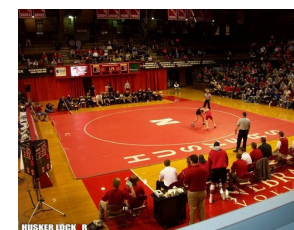
#### From Charlotte, NC:

1. Take I-77 South for approximately 80 miles.
2. Merge onto SC-277 S via Exit 18 toward I-20 W Columbia/Augusta for 1.7 miles.
3. Merge onto I-20 W toward Augusta/I-26/Charleston for 8.7 miles.
4. Merge onto I-26 W via Exit 64B toward Spartanburg for 5.9 miles..
5. Merge onto US-176/Broad River Road via Exit 101A toward Ballentine/White Rock for 2.5 miles.
6. Turn right onto Koon Road for 2.9 miles.
7. Turn right onto Old Tamah Road for .3 mile.
8. School is on the left.

#### From Greenville, SC:

1. Take I-385 South toward Columbia for approximately 42 miles.
2. I-385 South becomes I-26 East for approximately 44 miles.
3. Merge onto Broad River Road/US-176 via Exit 97 toward Ballentine/White Rock for 2.0 miles.
4. Turn left onto Shady Grove Road for 1.5 miles.
5. Stay straight to go onto Old Tamah Road for 1.1 miles.
6. School is on the left.

# Nebraska



# M A R K M A N N I N G

## Eligibility:

Ages 6-18 (K-12)

**Dates:** Thursday-Saturday (June 27-29, 2013)

**Time:** 9 am-2 pm

**Location:** Dutch Fork High School  
Columbia, SC

## Format:

### 1st session — Neutral (9 am-11 am)

Set-ups, Tie-ups, Head clears, Take downs (double, single, fireman's, front head lock) and counters, Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

### 2nd session — Top (11 am—12 pm)

Break downs (chop, ankle, spiral) and counters, Pinning combinations (bars, tilts, halves, cradles), Cross body ride and counters, Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

### 3rd session — Bottom (12 pm—1 pm)

Escapes/Reversals (stand up, switch, shift, granby), Advanced moves, Coach Manning's favorite moves, and ask Coach Manning to demonstrate moves and/or discuss strategies/situations

### 4th session-Ask Coach Manning (1 pm-2 pm)

Questions and answers  
(moves and counters)

Coach Manning's favorite moves  
Advanced moves

AND Live Wrestling (King of The Mat)

\*Situations\*

## Individual Registration:

1. Completed individual application with t-shirt size.
2. Individual guardian signed medical waiver.
3. Individual \$100.00 check (non-refundable) made out to Nebraska Wrestling Camp
4. Mail in registration information to:

Jerry Honeycutt  
7296 Cascading Pines Drive  
Tega Cay, SC 29708

5. Call regarding questions-  
Jerry Honeycutt @ (704) 661-3753

## Deadline:

### FIRST 100 REGISTERED

### Participants should do the following:

1. Prompt (8:30 am sharp-dressed and ready to wrestle).
2. Prepared-comfortable clothing (t-shirt, shorts, wrestling shoes. . . Optional-singlet and headgear).
3. Attitude-positive.
4. Effort-100% hustle.
5. Teamwork/Sportsmanship/Cooperation-be a great drill partner.
6. Have ride ready by 2:00 pm.

### Special Thanks To The Following Sponsors:

1. Hilton Garden Inn of Columbia

## 2013 NEBRASKA WRESTLING CAMP

### REGISTRATION APPLICATION

(Please fill out, detach, and mail along with a \$100.00 check)

#### Participant Information

First

Last

Name

(Print): \_\_\_\_\_

Current Medication(s) and/or Special Instructions:

\_\_\_\_\_

Number of Year(s) Attending Nebraska Wrestling Camp \_\_\_\_\_

T-Shirt Size

Current School Attending and Head Coach's Name

\_\_\_\_\_

Age

Current Grade

Height

Weight

Year(s) Experience

\_\_\_\_\_

Address (Print):

Street

City

State

Zip

\_\_\_\_\_

Phone Numbers:

Home Phone #

Cell Phone #

( ) \_\_\_\_\_

#### Parent/Guardian Information

First

Last

Name (Print): \_\_\_\_\_

Employment (Print):

Name

Street

City

State

Zip

\_\_\_\_\_

Phone Numbers:

Work Phone #

E-Mail Address

( ) \_\_\_\_\_

#### Medical Release Waiver

The Nebraska Wrestling Camp (facilities/instructors) and/or Dutch Fork High School **will not be held responsible/liable** for any injuries or lost items.

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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

Date: \_\_\_\_\_