

*“Praise be to the Lord my Rock, who trains
my hands for war, my fingers for battle.”
Psalm 144:1*



Bryan Irsik – 3 X National Qualifier (184 lbs)

Wrestling Camp

York College Wrestling Camp participants will experience an engaging environment that is personal and focused on developing knowledge and skills that will enable them to become champions on the mat and in life. Wrestlers will receive instruction that is simple, fun, and effective. Sessions are conducted with the attitude of becoming a champion and are focused on helping all wrestlers reach the potential that God has given them.

Cost: \$35 (meal NOT provided)

- Each camper will receive a camp T-shirt.

Health Insurance:

Participants for camp must provide their own insurance. Secondary accident insurance can be obtained by purchasing a USA wrestling card for \$35. USA Cards will be available. Please bring proof of insurance with you.

CAMP CLINICIANS



Ramon Diaz

- Head Coach York College
- 2007 World Grappling Silver Medalist
- 2007 World Sambo Bronze Medalist
- 3 X World Team Trial Medalist
- California H.S. State Champion
- H.S. All-American (Greco)
- AAU National Champion (Freestyle/ Greco/ Sambo)

Coached by Legendary Hall of Fame Coach Bob Anderson

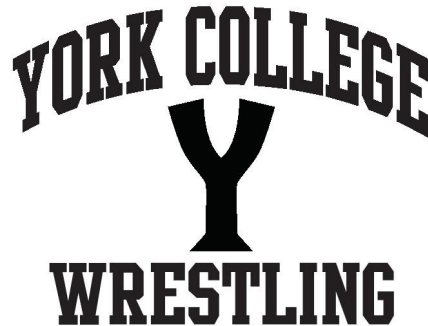
Greg Smith

- Assistant Coach York College
- NAIA All-American

Jotham Andrews

- Student-Assistant Coach York College
- 3 X Kansas State Placer

York College Wrestling Team Members



CAMP SCHEDULE

Monday July 26th, 2010

Session 1: Technique
3 - 5 PM

Break for Dinner:
5 - 5:45 PM

Session 2: Technique
6 – 8 PM

8 – 8:15 Devotional

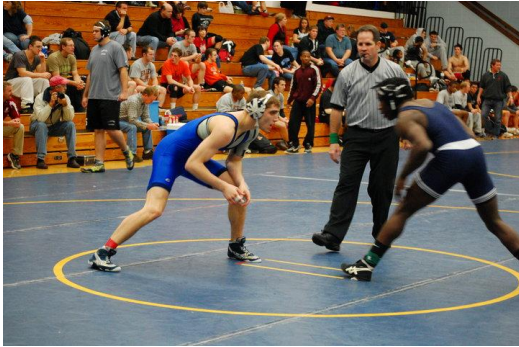
***“As iron sharpens iron, so one man
sharpens another”
Proverbs 27:17***

Contact Information

Head Coach Ramon Diaz

Phone: (402) 363-5714
Email: rdiaz@york.edu

Asst. Coach Greg Smith
Email: gsmith@york.edu



Nick McGrew – 2009-10 National Qualifier (174 lbs)



**SUMMER WRESTLING
CAMP - 2010**

Monday, July 26th



2 X NAIA National Qualifier: Jason Lloyd (HWT)

**Cornerstone Wrestling
& Activity Center**

Ramon Diaz
Camp Director
 (402) 363-5714
rdiaz@york.edu

REGISTRATION FORM MAIL TO:
York College Wrestling
 1125 E. 8th St.
 York, NE 68467

Please make check payable to:
York College Wrestling

Name _____ Age _____
 Grade _____ Weight _____ Yrs Wrestled _____
 Address _____
 City, State, Zip _____
 Phone Number _____
 Email _____
 School _____

T-Shirt Size (circle):
XXL XL L M S YL YM

I accept the responsibility with the risk of serious injury and accidents that may occur during the camp. I relieve the camp directors, coaches, and York College from liability. I give permission for the medical personnel to treat my child in case of an injury or illness.

Parent Signature _____
Date _____

Please bring proof of insurance with you!