

2018 OUACHITA WRESTLING CLUB – TECHNIQUE CAMP

JUNE 20TH, 21ST, 22ND 2018

OUACHITA BAPTIST UNIVERSITY – HATCHER WRESTLING COMPLEX

9:00 AM – 12:00 PM – TECHNIQUE 1:00 PM – 4:00 PM TECHNIQUE

6:30 PM – 8:00 PM LIVE MATCHES – DUAL FORMAT AND TOURNAMENT FORMAT



Kyle Crutchmer – Oklahoma State University

- 2X Oklahoma 6A State Champion
- 1X Fargo Junior National Champion
- 2X NCAA Div 1 All American
- 2X Big 12 Champion

MAKE CHECKS PAYABLE TO: OUACHITA WRESTLING CLUB

Alex Dieringer – Oklahoma State University

- 3X Wisconsin State Champion
- 3X Fargo Junior National Champion
- 3X NCAA Div 1 National Champion
- 4X Big 12 Champion
- 2016 Hodge Trophy Award Winner
- USA Wrestling Olympic Ladder - 79 KG

WHAT TO BRING?

6 CHANGES OF WORKOUT GEAR
WRESTLING AND RUNNING SHOES
2 TOWELS
PERSONAL HYGIENE ITEMS
MONEY FOR SNACKS
ONE SLEEPING BAG AND PILLOW

FOCUS OF CAMP:

BASIC, MEDIUM & HIGH LEVEL TECHNIQUE
HIGH PERCENTAGE SCORING
MENTAL TOUGHNESS TRAINING
MATCH PREPERATION AND PLANNING

**FULL TIME ATHLETIC TRAINER ON SITE –
DURING CAMP**

CAMP COST:

\$325.00 FOR NON COMMUTER
+ T Shirt
\$275.00 FOR COMMUTER
+ T Shirt
INCLUDES: lodging, 3 meals a day
excluding breakfast on the 20th and
dinner on the 22nd.
10:1 ratio camper to coach,
Snacks and drinks available to
purchase, and
Entertainment before lights Out.

Campers Registration Time: June 20th 2018 – 8:30 am – Campers Pick up Time June 22nd 3:00 pm
Hatcher Wrestling Complex – 410 Ouachita St., Arkadelphia AR, 71998
Contact: Kevin Crutchmer - Head Wrestling Coach – 918-728-0430 / crutchmerk@obu.edu