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# “WEEK IN THE DEN”

## A BAKER UNIVERSITY WRESTLING CAMP



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Featuring Cael Sanderson  
& Penn State Wrestling

July 24<sup>th</sup>—27<sup>th</sup>

For more information or to apply, visit online at [BakerWildcats.com](http://BakerWildcats.com)

# PURPOSE AND GOALS

Dear Wrestling Coaches and Wrestlers:

On behalf of Baker Wrestling, it is with much excitement and a great privilege to introduce a developmental camp opportunity and concept unlike any else, as we team up with Penn State Wrestling to create an unmatched wrestling camp experience. Cael and his staff have done an excellent job of creating a new vision for the sport and a brand of wrestling that has had an impact on the country.

Regardless of skill level, we promise to give you the opportunity to improve your wrestling prowess through intentional demonstration and drilling to maximize your potential on the mat by implementing the same skill sets and strategies that have helped develop many of the top wrestlers in the nation. With the help of my staff and athletes, along with the coaches and counselors from PSU, we are confident in ensuring an environment with great individualized instruction needed to become a more accomplished wrestler. We hope you plan on joining us for this special opportunity that will certainly not disappoint!

Best regards,

**CODY GARCIA, Camp Director**

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## CAMP DESCRIPTION

Be a part of the largest youth camp Baker University has ever hosted on its campus! Cael Sanderson, four-time undefeated wrestling champion from Iowa State and Olympic Gold medalist wrestler, and other members of the Penn State Wrestling program will be in Baldwin City to train upcoming wrestling champions.

- **\$350**          6-12<sup>th</sup> grade resident
- **\$275**          6-12<sup>th</sup> grade commuter
- **\$150**          Coach
- **\$100**          Youth (2 days: July 25<sup>th</sup> and 26<sup>th</sup>)

**\*Registration due by June 23<sup>rd</sup> and is non-refundable after July 15<sup>th</sup>**



## GENERAL INFORMATION

Each camper will be sent a confirmation e-mail that will tell you the exact location for registration. Please be sure to include an e-mail address. This will be our main source of communication.

We will have as many staff members as possible at each camp. Because of training schedules, we can't guarantee that everyone listed will be at every camp. Sessions fill up early, so get your applications in soon. Check out will begin after the first morning technical session. We look forward to working with you this summer!

## WHAT TO BRING

Your own bedding, a pillow, sheets and a towel. Two people will be assigned to each room at check in. Each camper will be expected to supply his own workout gear, shoes, shirts, shorts, singlets, etc.

Bring a supply of Defense Soap to prevent skin infections. This is critically important!

Defense soaps are triple milled and have a TFM (fatty acids) of 77% for a deep rich cleansing lather. Defense Soap contains no fillers, perfume, alcohol, scents, Triclosan or any other chemicals that can impact the quality. They contain a full 2% concentration of tea tree and eucalyptus oils; natural antimicrobial ingredients known to be effective against ringworm, staph, impetigo, herpes, jock itch and athlete's foot.



## CAEL SANDERSON

In the spring of 2009, PSU named national wrestling legend, Cael Sanderson, their 12th head wrestling coach and immediately, the nation looked east as a roomful of already dedicated Nittany Lion grapplers smiled, cheered and geared up for a new era in Penn State wrestling. That new era of wrestling helped produced fast-yielding dividends. Beginning in 2010 all the way through 2013, Penn State Wrestling has won three consecutive national titles; the latest being in Des Moines, IA. Sanderson came to Penn State after three extremely successful years as the head coach at Iowa State.

As a wrestler, Sanderson established himself as the most dominant collegiate competitor in NCAA history. In four years, Sanderson never lost. From 1999-2002, he posted a 159-0 career record (going 39-0, 40-0, 40-0 and 40-0); won four individual national championships; won four Most Outstanding Wrestler awards at the NCAA Championships (the only wrestler in NCAA history to do so); became the first freshman in NCAA history to win the O.W. honor and won three Dan Hodge trophies as the nation's best collegiate wrestler (also a collegiate first).

The four-time All-American's four-year streak of perfection was called the No. 2 most outstanding achievement in collegiate sports history by Sports Illustrated. His wrestling career culminated in 2004 when he won the 84 kg Olympic gold medal in Athens, Greece.

# CAMP COUNSELORS

\*Subject to change



Bo Nickal

2017 NCAA National  
Champion



Nick Nevills

2017 NCAA All-  
American



Mark Hall

2017 NCAA National  
Champion



Zain Retherford

2x NCAA All-American

# CAMP DIRECTORS



Cody Garcia

- BU head wrestling coach
- Two-time national champion
- Four-time All-American



Casey  
Cunningham

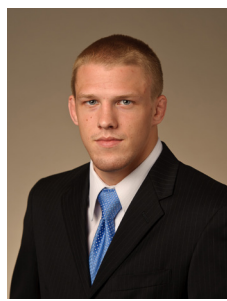
- Assistant Coach, Penn State
- NCAA National Champion

# CAMP CLINICIANS



Cody Sanderson

- Associate Coach, Penn State
- Two-time NCAA Finalist



Adam Lynch

- Director of Operations,  
Penn State University



Cael Sanderson

- Head Coach, Penn  
State University
- Olympic Champion
- Undefeated collegiate  
wrestling career

# TYPICAL SCHEDULE

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6:00-7:00 am	Run	*Optional
7:30-8:30 am	Breakfast	
9:00-10:30 am	Instruction	
11:00-noon	Lunch	
1:00-3:00 pm	Instruction and Live Wrestling	
5:00-6:00 pm	Dinner	
7:00-9:00 pm	Instruction and Live Wrestling	
10:30 pm	In Rooms	
11:00 pm	Lights Out	

## CHECK IN AND CHECK OUT

Check in is July 24<sup>th</sup>, 10:00 am-1:00 pm. Half the camp will be requested to check in from 10:00-11:30 am, while the other half from 11:30 am-1:00 pm. The camper's geographical location will ultimately determine their assigned check-in time. Once registered, we will meet up at the gymnasium at 1:45 pm for our initial meeting followed by our first wrestling session. Session 1 on day one will officially run from 2:00-4:00 pm, so bring your gear and shoes to that initial meeting, as session 1 directly follows.

Look for and follow "Wrestling Signs" when entering campus.

Check out is July 27<sup>th</sup> at 4:00 pm. For logistical reasons, we strongly discourage early checkouts. Please check out at the listed time. The first meal served will be dinner on July 24<sup>th</sup> and the final meal will be lunch on July 27<sup>th</sup>.

# FEES

\$350 Resident | \$275 Commuter

\$150 Coach

\$100 K-6 technique camp

The camp includes instruction, room and board, secondary insurance (provided by the Baldwin City Rec) and facility usage. Please note: No food or lodging is provided for commuters.



**705 High Street  
P.O. Box 871  
Baldwin City, Kansas 66006  
Phone: 785-594-3670  
Rainout Phone: 785-594-0581**

# REFUNDS

There will be no refund of deposit once it is received by Baker University. There is also no refund for the remaining balance once the camp begins – injuries included. There is also no prorating for having to leave camp early, or a late arrival.







## HEALTH CARE

Primary health insurance is a prerequisite. Camp participants will be covered by secondary accident insurance provided by the camp's tuition. The non-duplicating policy covers medical expenses within the range of its limits, except for those costs covered by any other valid and collectible insurance policies. No one will be admitted to the camp without a signed release and a primary insurance policy. Both must be provided on the application.

## RULES, REGULATIONS, & SUPERVISION

Rules will be read, discussed and signed off on by the camper. Violation of the rules could be grounds for immediate dismissal. There is a zero-tolerance attitude toward alcohol, drugs, fireworks, hazing or violence. Participants will be supervised during all organized times and in the dormitory. Campers will be required to attend all assigned activities and instruction sessions. Those enrolled in the camp must comply with all rules and regulations governing conduct of the students on campus. Any violations or abuse of these rules will cause immediate dismissal from the camp without a refund.

We will use every precaution to prevent accidents. We do not, however, assume any responsibility for medical, dental, or other expenses incurred as a result of accidents. A parent or guardian must sign the application before an athlete will be accepted into the camp.



# APPLICATION FORM

Register online at <http://www.bakeru.edu/athletic-department/camps>.

## MEDICAL HISTORY

Vaccination and prescribed medication forms are required by the Department of Health prior to attending camp. Note: The university does not carry group medical coverage for this program

This camp is an non-institutionally owned camp. The camp is not owned by Penn State University or any of its employees. Wrestlers from Penn State University will act as camp counselors. The camp is open and available to all.



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