

## SPECIAL FEATURES

- One-on-One instruction and coaching
- Special instruction for young and/or inexperienced wrestlers
- Laundry services every day
- Camp Notes available at the end of camp
- Free Camp T-shirt
- Augsburg University Wrestlers and Coaches serve as Camp Counselors
- Licensed Athletic Trainer at each session
- Camp Store with Auggie gear and the latest equipment from Adidas, Asics, Cliff Keen, and more!
- Instruction from 2019 Minnesota State High School Championship Coaches

## CAMP AWARDS

"Auggie Award" Trophies, "Most Valuable Wrestler" Trophies, "Mr. Hustle" Trophies, "Dual Meet Team Champions" Trophies, Individual and Team 1st, 2nd, and 3rd Place Tournament Trophies and Medals



## Camper fees

**Camper Fee:** \$350 + \$75 Damage Deposit  
Rate includes: Room and Board (3 meals/day), laundry service, camp t-shirt and camp notes.  
A \$75 Damage Deposit is required for all campers. The Deposit is shredded after camp, providing no damages were incurred.

**Commuter Fee:** \$250 Rate includes: 3 meals/day, camp t-shirt and Camp notes

## Registration Form: Technique Camp

\_\_\_\_\_ I am a Camper @ \$350

\_\_\_\_\_ I am a Commuter @ \$250

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Roommate Request: \_\_\_\_\_

Grade Next Fall: \_\_\_\_\_

Weight: \_\_\_\_\_ Sex: M F Age: \_\_\_\_\_

Parent/Guardian Name and Number(s):  
\_\_\_\_\_  
\_\_\_\_\_

School or Club:  
\_\_\_\_\_

A **\$100 non-refundable deposit** is required with all mail-in applications. The remaining balance is due prior to or at check-in. Please include a **SEPARATE \$75 Damage Deposit Check.**

All online applications must be paid in full at time of registration.

Please make check payable to:  
**Augsburg Wrestling Camps**

## Insurance/Health Information

Insurance Company: \_\_\_\_\_

Insurance Phone: \_\_\_\_\_

Group/Policy Number: \_\_\_\_\_

Policy Holder Name: \_\_\_\_\_

Effective Date of Coverage: \_\_\_/\_\_\_/\_\_\_

Other Health and Accident Coverage:  
\_\_\_\_\_

Medical Conditions/Special  
Instructions (Please include past injury,  
medications, and allergies):  
\_\_\_\_\_  
\_\_\_\_\_

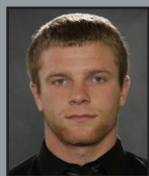
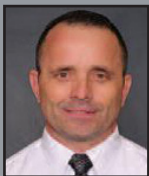
Emergency Contact(s) Name AND Number(s):  
\_\_\_\_\_  
\_\_\_\_\_

I verify that my child has been checked by a licensed physician and is physically able to participate in the wrestling camp. I agree to allow my child to be treated by a licensed physician while attending, if necessary, and to assume all costs related to such treatment. I authorize the disclosure of medical information to my insurance company for the purpose of claim. I understand that if this registration is accepted, there is no refund of the deposit if we cannot attend camp.

Parent or Guardian's Signature:  
\_\_\_\_\_

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

## Camp Instructors



**Jim Moulsoff**

### Augsburg University Head Coach

Moulsoff coached the 2010 and 2015 NCAA National Championship teams and 2009, 2011, 2012, and 2017 national runner-up teams. He has coached 40 NCAA region champions, 46 NCAA All-Americans, eight NCAA national champions, and 38 NWCA Scholar All-Americans. His teams have won two NWCA National Duals Team Championships and nine NCAA Regional Championships. West Region Coach of the Year 15,16,17,18 and NCAA Coach of the year 2015

during his tenure.

**Tony Valek**

### Augsburg University Associate Head Coach

Valek was a four-time national tournament qualifier during his Augsburg career, finishing with a 136-25 record, including 87 bonus-point victories. He was a national runner-up at 149 pounds in both 2009-10 and 2010-11, while finishing third in 2011-12. He continued as the team's graduate assistant in 2012-13, became the head assistant coach in 2014-15 and was named the associate head coach in March 2015 after leading the Auggies to the programs 12th NCAA Team National Championship. He was named NCAA Assistant Coach of the Year in 2015 and NCAA West Regional Assistant Coach of the Year 4x.

**Jeff Swenson**

### Augsburg Camp Director/Athletic Director

Swenson coached the Auggies to 10 NCAA National Championships. He was NCAA Coach of the Year 6-times and coach of 158 All-Americans and 39 NCAA National Champions. He was named USA Wrestling Coach of the Year. He was a 3-time All-American and National Champion.

## 2019 Minnesota State High School Championship Coaches

**Class A Class AA Class AAA  
TBD**

### Daily Camp Schedule

- 8:00 Breakfast
- 9:00 Technique Session
- 11:00 Lunch
- 12:30 Technique Session
- 2:30 Open Wrestling
- 3:15 Activities
- 5:00 Dinner
- 6:30 Technique Session
- 8:00 Freetime/Open Wrestling
- 10:45 Floor Meeting
- 11:00 Lights Out

### How to Register

**ONLINE:** All online applications must be paid in full with credit card at the time of registration. To apply online, go to:  
**[www.augsburgwrestling.com](http://www.augsburgwrestling.com)**

**MAIL:** Complete the attached registration form and include a non-refundable deposit of \$100.

Please make checks payable to  
**Augsburg Wrestling Camps**

## 33rd Annual Augsburg Wrestling Technique Camp

June 9th - June 13th, 2019  
Ages 8-18

## 12-Time NCAA National Champions



Camp Details and Online Registration at:  
**[www.augsburgwrestling.com](http://www.augsburgwrestling.com)**  
Camp Hotline: 612-330-1610

**Augsburg University Wrestling Camps**  
2211 Riverside Ave CB 313  
Minneapolis, MN 55454  
**Jeff Swenson, Camp Director**  
Cell: 612-327-0708