



## Father-Son Camp Schedule

### Friday, June 16<sup>th</sup>

- 6:00pm Check In at Anderson Hall
- 7:00pm Technique Session & Games
- 8:30pm Pizza Party

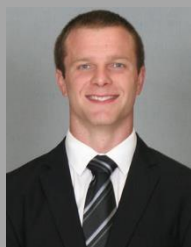
### Saturday, June 17<sup>th</sup>

- 8:00am Breakfast
- 9:00am Technique Session & Games
- 11:00am Lunch
- 12:00pm Activity
- 1:30pm Leave for MN Twins Game
- 2:10pm MN Twins vs Boston Red Sox
- 5:30pm Dinner
- 6:30pm Technique Session
- 8:00pm Root beer Floats and Movie

### Sunday, June 18<sup>th</sup>

- 8:00am Breakfast
- 9:00am Technique Session
- 10:00am Conclude

## Camp Instructors



**Tony Valek**

**Head Wrestling Coach**

- 2023 Open Mat & d3wrestle.com National Coach of the Year
- 3-Time All-American

**Jim Moulsoff**

**Associate Head Coach**

- 2015 & 2019 NWCA National DIII Coach of the Year



**Orlando Ponce**

**Owner Ponce Trained Wrestling**

- 3-Time All-American
- 3-Time National Finalist

**Jeff Swenson**

**Athletic Director**

**Camp Director**

- 10-Time National Championship Coach



## 15<sup>th</sup> Annual Augsburg Wrestling Father-Son Camp

**June 16<sup>th</sup> – 18<sup>th</sup>, 2023**

**Ages 5-12**

**14-Time NCAA Team National Champions**



**Visit our Website:**  
**[Augsburgwrestling.com](http://Augsburgwrestling.com)**

## Augsburg Wrestling Camps

2211 Riverside Ave S CB 313

Minneapolis, MN 55454

**Jeff Swenson, Camp Director**

Cell: 612-327-0708

# How to Register

**Online:** Go to [Augsburgwrestling.com](http://Augsburgwrestling.com) and pay in full with credit card

**Mail:** Complete attached registration form and include a non-refundable \$100 deposit check made out to Augsburg Wrestling Camps.

## Father Son Camp Special Features:

- Great way to spend Father's Day Weekend.
- Orlando Ponce is one of the best youth coaches in the country.
- Special separate Father-Son session where father's discuss how to manage being a wrestling dad and coach
- Experience Augsburg University by staying in the dorms, eating in the cafeteria, and practice in the wrestling facilities
- Free Camp T-Shirt for father and son plus a camp store with Augsburg Wrestling Apparel
- Tickets and Transportation to MN Twins Game vs Boston Red Sox included!

## Father/Son Camp

**June 16<sup>th</sup> – 18<sup>th</sup>, 2023**

\_\_\_\_\_ Father and Son Total \$450

\_\_\_\_\_ For Each Additional Son \$225

Cost Includes Room and Board (All Meals), Twins Tickets, Camp T-Shirt and Camp Notes

Father's First Name: \_\_\_\_\_

Father's Last Name: \_\_\_\_\_

Son's First Name: \_\_\_\_\_

Son's Last Name: \_\_\_\_\_

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

Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Father Phone #: \_\_\_\_\_

**A \$100 non-refundable deposit is required with all mail-in applications.**

The remaining balance is due at or prior to check-in.

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

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

## Insurance/Health Information:

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

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

Group/Policy #: \_\_\_\_\_

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

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

Medical Conditions/Special Instructions

(Please Include past injuries, medications, and allergies)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Emergency Contact(s) Name and #:

\_\_\_\_\_  
\_\_\_\_\_

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 my 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 Signature & Date:

\_\_\_\_\_ \_\_\_\_/\_\_\_\_