

# **2019 CLARINDA CARDINAL WRESTLING CAMP**

TUESDAY, JULY 16TH: 9AM - 4PM, WEDNESDAY, JULY 17TH: 9AM - 12PM

CLARINDA HIGH SCHOOL GYMNASIUM

CAMP IS OPEN TO STUDENTS 1ST GRADE THROUGH 12TH GRADE

## **CAMP INSTRUCTORS:**



**MATT MALCOM: UNIVERSITY NEBRASKA KEARNEY**

***\*\*2019 NCAA DII NATIONAL CHAMPION / 157 POUNDS***

***\*\*2016 IOWA CLASS 2A STATE CHAMPION / 152 POUNDS***

***\*\*2X IOWA STATE TOURNAMENT PLACE WINNER***

***\*\*GLENWOOD, IOWA NATIVE***



**JARROD HINRICHS: UNIVERSITY NEBRASKA KEARNEY**

***\*\*2019 NCAA DII RUNNER-UP / 285 POUNDS***

***\*\*2015 NEBRASKA CLASS C STATE CHAMPION / 285 POUNDS***

***\*\*2X NCAA DII ALL-AMERICAN***

***\*\*GENEVA, NEBRASKA NATIVE (FILLMORE CENTRAL)***



**JOSH PORTILLO: UNIVERSITY NEBRASKA KEARNEY**

***\*\*2019 NCAA DII RUNNER-UP / 125 POUNDS***

***\*\*3X IOWA CLASS 2A STATE CHAMPION / 113, 126, 120 POUNDS***

***\*\*CLARION, IOWA NATIVE (CLARION/GOLDFIELD/DOWS)***

## **CAMP SCHEDULE:**

### **TUESDAY, JULY 16TH:**

**8:30 - 9:00: CAMPERS ARRIVE / CHECK IN**

#### ***SESSION 1***

**9:00 - 10:00: ROTATION #1**

**10:00 - 11:00: ROTATION #2**

**11:00 - 12:00: ROTATION #3**

**LUNCH SERVED: 12:00 - 1:00**

#### ***SESSION 2***

**1:00 - 2:00: ROTATION #4**

**2:00 - 3:00: ROTATION #5**

**3:00 - 4:00: ROTATION #6**

**\*EACH SESSION WILL INCLUDE A ROTATION OF TOP / BOTTOM / NEUTRAL and  
WILL ALSO INCLUDE LIVE WRESTLING AND CONDITIONING**

### **WEDNESDAY, JULY 17TH:**

**8:30 - 9:00: CAMPERS ARRIVE**

#### ***SESSION 3***

**9:00 - 10:00: ROTATION #7**

**10:00 - 11:00: ROTATION #8**

**11:00 - 12:00: ROTATION #9**

**CAMP DISMISSES @ 12:00**

**CAMP COST: \$25. CHECKS PAYABLE TO: CLARINDA WRESTLING CLUB**

**\*EACH PRE-REGISTERED CAMPER WILL GET A CAMP SHIRT**

**\*MEAL ON JULY 16TH WILL BE PROVIDED**

## 2019 CLARINDA CARDINAL WRESTLING CAMP

**\*\*TUESDAY, JULY 16TH 9AM - 4PM**

**\*\*WEDNESDAY, JULY 17TH 9AM - 12PM**

**ALL PRE-REGISTERED CAMPERS WILL RECEIVE  
A CAMP T-SHIRT AND LUNCH ON JULY 16TH**

**ANY QUESTIONS, PLEASE CONTACT:  
SAM CARR - SCARR@CLARINDACSD.ORG  
JOSH PORTER - JPORTER@CLARINDACSD.ORG**

**\*\*Please fill out attached registration form and return  
to High School office with payment (\$25) by July 1st**



**NAME:** \_\_\_\_\_ **GRADE:** \_\_\_\_\_

**PARENT'S NAMES:** \_\_\_\_\_

**PRIMARY CONTACT NUMBER:** \_\_\_\_\_

**ALTERNATE CONTACT NUMBER:** \_\_\_\_\_

**SHIRT SIZE:** YSM YMED YL YXL ASM AMED AL AXL AXXL