

Creekwood Chiropractic Presents:

Northeast Nebraska World Class Wrestling Clinics

Take your skill set to the next level this summer

At Lutheran High Northeast, Norfolk NE

June 22nd and 23rd from 8:00 am until 12:00 pm for grades k through 5

And

June 22nd and 23rd from 8:00 am until 5:00 pm for grades 6 through 12

Cost is \$60 per K through 5 participant, and \$110 per 6 through 12 participant at the door
For those whose registration is postmarked before June 15th cost is \$45 and \$90 respectively

Clinicians include US World Team members:

Tervel Dlagnev – Focusing on advanced shots, set-ups, and combination shots



2011-2012 Team USA Ranking No.1 at 120KG

Years on Team USA: 3 (2009-12)

Club: Sunkist Kids

College: Nebraska-Kearney

Tervel enters the 2012 wrestling season as the favorite to be the 120 kg representative for the United States at the London Olympic games. Moreover, Tervel is poised to make some noise at this year's Olympics as he has placed third in the '09 World Championships, and fifth this past year where he beat the defending Olympic champion in the quarters before an injury and bad luck foiled his quest for a world title. He is wrestling well so far in 2012 defending his Pan American Championship in dominating fashion; technically falling his way through the tournament. Tervel has also won a University World Championship in '08. In College Tervel was a four time All-American for the University of Nebraska at Kearney placing 6th, 2nd, 1st and 1st from '05 to '08.

JD Bergman – Focusing on advanced defense, positioning, scoring from an under hook



2010-11

Years on Team USA: 3 (2009-11 in freestyle, 2005-06 in Greco-Roman)

Club: NYAC

College: Ohio State

JD looks to regain his spot atop the US Olympic ladder at this year's trials after owning the weight from '09 through the spring of '11 when JD. JD spent much of last year's international season battling a couple of injuries. However, he is back and doing well in international competition. JD was awarded the John Smith USA wrestler of the year for his competition results from '10 to '11. In College JD was a '08 NCAA runner-up wrestling for Ohio State University. He also placed third and fourth at the NCAA Championships.

Contact Aaron Dalton with any questions, (402) 640-0795, factor_165@yahoo.com

Other clinicians include:

Jeff Rutledge – 3x NCAA All-American and head coach at Lincoln Southeast

Keenan McCurdy – 2x NCAA All-American and head coach at Lincoln East

Joe Ellenberger -2x NCAA All-American and current MMA fighter

6th-12th Grade Camp Agenda

Friday

| | |
|---------------|---|
| 7-8 am | Registration |
| 8-8:15 am | Warm-up |
| 8:15-8:30 am | Clinician Introduction |
| 8:30-11:45 am | Session 1 |
| | Group #1 |
| | Jeff and Keenan; advanced tilts and bottom wrestling |
| | Group # 2 |
| | Joe and Aaron; scoring from upper body attacks, 2 on 1 ties and front headlock position |
| 11:45-12 pm | Mat strategy and motivational talk |
| 12-1 pm | Lunch and highlight video of Tervel |
| 1-4:30 pm | Session 2 |
| | Tervel; advanced shots, set-ups, and combination shots |
| 4:30- 5 pm | Mat strategy and motivational talk |

Saturday

| | |
|---------------|---|
| 8-8:15 am | Warm-up |
| 8:15-11:45 am | Session 3 |
| | Group # 2 |
| | Jeff and Keenan; advanced tilts and bottom wrestling |
| | Group # 1 |
| | Joe and Aaron; scoring from upper body attacks, 2 on 1 ties and front headlock position |
| 11:45-12 pm | Mat strategy and motivational talk |
| 12-1 pm | Lunch and highlight video of JD |
| 1-4:30 pm | Session 4 |
| | JD, Advanced defense, positioning, scoring from an under hook |
| 4:30-5 pm | Mat strategy and motivational talk |

K-5th Grade Camp Agenda

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|-----------------|--|
| Friday | |
| 7-8 am | Registration |
| 8-8:15 am | Warm-up |
| 8:15-8:30 am | Clinician Introduction |
| 8:30-11:45 am | Session 1 Tervel; Advanced shots, set-ups, and combination shots |
| 11:45-12 pm | Mat strategy and motivational talk Dismissed |
| Saturday | |
| 8-8:15 am | Warm-up |
| 8:15-11:45 am | Session 3 JD, Advanced defense, positioning, underhook offense |
| 11:45-12 pm | Mat strategy and motivational talk Dismissed |

Note: Parents who think that their 4th and 5th graders are advanced enough to handle more advanced technique may opt to have their kids participate in the 6th through 12th grade camp at that price. Please be sure to specify which camp you wish your child to participate in when registering. Sessions of half day campers will be divided up with games and a brief highlight video of the clinician. Lunch will only be provided for the all-day campers, as the half-day session participants will be dismissed before or at noon. Finally, only campers whose registration is postmarked by June 15th will receive t-shirts. All campers will receive an autographed poster of the clinicians.

Northeast Nebraska World Class Wrestling Clinics

Presented by Creekwood Chiropractic

Name: _____ Grade: _____ ½ Day Camps - or - Full Day Camp (circle one)

School: _____ Shirt Size: _____ Parent E-mail: _____

Phone: _____ Address: _____

City/Town: _____ State: _____ Zip: _____

We (or I) hereby request that you accept this application for enrollment into the Northeast Nebraska World Class Wrestling Clinics, June 22nd and 23rd, 2012; and in acceptance of the application we will (or I) understand wrestling is a contact sport and injuries are possible and hereby release Lutheran High Northeast High School, its Board of Directors, its employees, all camp sponsors, clinicians, Creekwood Chiropractic and any or all of its employees or agents from all claims on account of injuries which may be sustained by our son while attending the Northeast Nebraska World Class Wrestling Clinics. We (or I) agree to indemnify the above named of any claim which may hereafter be presented by our (or my) minor son as a result of injuries.

Parent Signature: _____ **Date:** _____

Send entries to: Northeast Nebraska World Class Wrestling Clinics
110 North 37th Street Suite 405
Norfolk, NE 68701