



## 2017 Santiam Camp

**What to bring to camp:** Each camper will be responsible to bring his own workout gear. This includes wrestling and running shoes, workout shorts and shirts, sweatshirts, socks, towels, soap, etc. All wrestlers will sleep in the school gymnasium, so will need to bring their own sleeping bags, pillows, etc. Other important items include toothbrush, lock and extra spending money. Three meals a day will be provided. There will be a snack bar that will be open before and after each session.

**Conditioning:** Wrestlers are expected to arrive at camp healthy and in good shape. There will be running each morning and two sessions of wrestling. In at least one session each day there will be live competition.

**Coaches:** Coaches of teams or individuals are welcome to participate in and/or video all camp wrestling sessions and activities.

Questions : Steve Thorpe, Camp Director  
541-367-7160 (wk) 541-401-1154 (cell)  
E-mail: [steve.thorpe@sweethome.k12.or.us](mailto:steve.thorpe@sweethome.k12.or.us)

**Send Registration form to:**  
**SANTIAM WRESTLING CAMP**

C/O Steve Thorpe  
41888 North River Dr.  
Sweet Home, OR 97386

### Questions:

Camp: Steve Thorpe 541-401-1154

Cultural Exchange: Mike Simons 541-968-9949

Cadet Nat'l Team: Rudy Soliz 541-604-4904

### Camp Rules:

There will be camp rules that must be followed. The campers are expected to adhere to all rules and expectations. Failure to follow the camp and school rules will result in disciplinary action that may result in removal from the camp with no refund.

**Camp is on a first come first serve basis.**

***Duals and a Tournament this year!***



Hudson and Landon Davis  
in the Norm Davis  
Wrestling Room. Returning  
members to the Santiam  
Wrestling Camp



This program is independent from the school district. Availability of this form is a service of the school to its patrons and carries no sponsorship or liability to the school. The school is not responsible for any result that occurs from participation in this program. No state funds have been used for this program.

SWEET HOME SCHOOL DISTRICT NO. 55

# SANTIAM WRESTLING CAMP 2018



**Nich James, Coach Steve Thorpe and Travis Thorpe at the National Championships.**

**Santiam Wrestling Camp Est. 2001**

***Train With the Oregon  
Cadet National Team!***

**July 7th to July 10th  
Sweet Home High School  
Sweet Home, Oregon**



A little down time at Coach Thorpe's house the night before the National Team heads out to Fargo.

## CAMP PHILOSOPHY

The camp will include the Cadet National Teams as well as Oregon's Cultural Exchange Team to Canada. There will be clinicians and coaches from around the State. The camp is designed to prepare Oregon's National Team members for the National Tournament in Fargo as well as prepare Oregon's Cultural Exchange Team. National and Cultural Exchange Teams focus will be in Freestyle and Greco-Roman while campers can choose to focus on Collegiate as well. Wrestlers will be involved in approximately 6 to 7 hours of championship wrestling instruction and training daily. Instruction is designed to motivate the average wrestler and challenge the more advanced. It is the goal of the camp directors that everyone who completes the camp will feel like they have developed skills and training methods that will enable him to reach his full potential as a wrestler.

**Deposit and Balance:** There will be a **\$100** deposit to reserve a spot in the camp. There will be no refunds once they are accepted. This number will include National Team members. Contact Steve Thorpe for information. No Refund on camp fee if you cancel after June 1st. Total cost for camp is **\$225.**

## CAMP SCHEDULE

■ Wake Up!	6:45 am
■ Morning Run	7:00 am
■ Breakfast	7:30 am
■ Technique / Scrimmage	9:00 am—12:00 pm
■ Lunch	12-1:00 pm
■ Team Activities	2-4:30 pm
■ Dinner	5-6:00 pm
■ Technique / Scrimmage	6:30-9:00 pm
■ Lights Out	11:00 pm

### Check-in/out:

**Registration for camp will be from 1:00pm to 3:00pm on Saturday July 7th. Checkout time for camp will be Tuesday July 10th at Noon**

### Miscellaneous information:

*Santiam Camp is for Middle School through High School aged wrestlers who want to Train with Oregon's Best!. Special arrangement to be made with Coach Thorpe for other ages.*

**NEW in 2018!!!!  
Duals and a Tournament**

## REGISTRATION FORM

Name \_\_\_\_\_

Age \_\_\_\_\_ Shirt Size \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

School \_\_\_\_\_

Circle one  
National Team / Cultural Exchange / Camper

Make checks payable to **Sweet Home Wrestling.**

**TOTAL ENCLOSED** \_\_\_\_\_

I hereby waive and release the Santiam Wrestling Camp, the Sweet Home School District and the Oregon Wrestling Association from any and all liabilities and injuries or illnesses incurred while in camp. I authorize the said camp to act for myself or my child in any medical emergency according to their best judgment.

In case of injury or illness, necessary emergency treatment is authorized.

Parent/guardian's Signature \_\_\_\_\_

Athlete's Signature \_\_\_\_\_