

# TILT ON TOP WRESTLING CAMP

DATE: JULY 27-30 2020

SITE: Danbury High School-G Gym

*This camp will focus mostly on all aspects of wrestling on top with emphasis on tilts.*

## Clinicians:

### **RICKY SHOOK: DANBURY HS HEAD WRESTLING COACH**

State Class LL Head Coach of the Year - 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2010, 2016, 2017, 2018, 2019

State Class LL Assistant Coach of the Year - 1997, 1998, 1999

CT Assistant Coach of the Year - 1999

CT Head Coach of the Year - 2000, 2007

All-Area Coach of the Year - 2001, 2003, 2004, 2005, 2006

FCIAC Coach of the Year - 2004, 2005, 2012, 2014, 2017, 2019

FCIAC Winter Sport Coach of the Year - 2005, 2014

FCIAC Hall of Fame Inductee - 2018

Connecticut High School Coaches Association Hall of Fame Inductee - 2016

Doc McInerney Male Coach of the Year - 2008

New England Wrestling Hall of Fame Inductee - 2017

National Wrestling Coaches Association, CT Head Coach of the Year - 2008, 2009, 2019

National High School Athletic Coach Association, Finalist - 2008-09

National High School Athletic Coach Association, Coach of the Year - 2019

National Wrestling Hall of Fame, CT Chapter Inductee - 2013

CCSU All East DI, All New England DI and Captain

### **KEVIN JACK: NC STATE GRAD ASSISTANT COACH**

3X NCAA All American

2X ACC Champion

3X CT Open Champion

2X New England Champion

#### Other Clinicians:

Jakob Camacho – NC State Starter, New England Champion, CT Open Champion

And many more...

#### Camp Schedule:

**9:00-10:00 - (Warm-up, Calisthenics, Run, Team Philosophy)**

**10:00 – 11:30 – Technique Session/Wrestling**

**11:30-12:30 – Lunch – Bring your own, Campers will not be allowed to leave campus.**

**12:30-3:00 – Technique Session/Wrestling**

Athlete Name \_\_\_\_\_

Address \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone: \_\_\_\_\_

Emergency Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Grade Completed \_\_\_\_\_

T-Shirt Size – S M L XL XXL

Medical/Food Allergies \_\_\_\_\_

Checks Payable to: Ricky Shook/DHS Wrestling - Mail check for \$250.00 and form to: Ricky Shook 10 Laura Dr. Danbury, CT 06811

I give Permission for \_\_\_\_\_ to participate in the Tilt on Top camp. Guardian Signature \_\_\_\_\_