

**TWO GREAT CAMP OFFERINGS  
in SUMMER 2012 at SCSU!**



**HUSKY HIGH SCHOOL  
COMMUTER CAMP**

**June 18-19, 2012**

9 a.m. to 4 p.m. • Grades 7-12

Cost: \$70 (includes lunch and camp t-shirt)

\* **Special Deal!** - \$60 person if you register 5 or more from the same team.

**HUSKY YOUTH  
COMMUTER CAMP**

**June 25-26, 2012**

9 a.m. to 3 p.m. • Grades K-6

Cost: \$60 (includes lunch and camp t-shirt)

\* **Special Deal!** - \$50 person if you register 5 or more from the same team.

**Location for both camps:**

St. Cloud State University  
Halenbeck Hall Wrestling Room  
720 4th Ave. South  
St. Cloud, Minn. 56301

**REGISTRATION FORM**

Name: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Age: \_\_\_\_\_

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

E-Mail: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

**Please circle T-Shirt Size:**

Adult: Small      Medium      Large

Youth: Small      Medium      Large

**WAIVER STATEMENT**

*I hereby waive, release and forever discharge St. Cloud State University and its representatives from any liability or property damage that may occur during participation in this club/clinic. I am aware of the risks involved with wrestling and verify that this participant is physically fit to participate. I grant permission for my son/daughter to receive medical treatment by a medical professional.*

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

\*\* Make checks payable to SCSU Wrestling

**ABOUT ST. CLOUD STATE**

St. Cloud State is located in the city of St. Cloud, Minn., in the heart of the Central Minnesota Lakes Region. St. Cloud State's beautiful main campus sits along the scenic oak crowned banks of the Mississippi River. Founded in 1869, St. Cloud State currently enrolls over 17,000 students.



St. Cloud State offers excellent facilities for participants in the 2012 Husky Youth Wrestling Camps. To learn more about St. Cloud State wrestling, please visit the Husky Home Page at [www.stcloudstate.edu/athletics](http://www.stcloudstate.edu/athletics)

**ST. CLOUD STATE  
WRESTLING**



**2012 Husky  
Wrestling Camps**

**Featuring:**

**STEVE COSTANZO**  
SCSU Head Coach

**BRADY WILSON**  
SCSU Assistant Coach

**TYSON REINER**  
SCSU Assistant Coach

## CAMP COACHING STAFF

### STEVE COSTANZO

**St. Cloud State Head Wrestling Coach**



- 6th Season at SCSU
- 2011 NCAA DII & NSIC Coach of the Year
- Over 130 career wins
- Won 2006 NAIA team title at Dana College
- 3X NCAA DII All-American

Steve Costanzo will begin his 6th season as head coach at St. Cloud State University in 2011-12. He is the 13th coach in the history of the St. Cloud State University wrestling program, which dates back to 1949-50.

Costanzo just finished his 12th season overall as a college head coach. He has a career record of 130-53-2 (thru Jan. 10, 2012) while coaching over 108 National Qualifiers, 47 All-Americans, 3 National Champions and 65 NWCA All-Academic recipients. His overall record at SCSU currently stands at 69-23 (thru Jan. 10, 2012), and the Huskies set a team record for dual wins in 2010-11 at 19-2.

SCSU finished as the NCAA Division II runner-up in 2011, and Costanzo was named the 2011 NCAA Division II Coach of the Year and the 2011 NSIC Coach of the Year.

SCSU opened the 2011-12 season as the number one ranked team in Division II wrestling, and the Huskies recently won the prestigious 2012 NWCA Division II National Duals.

In 2006, Costanzo led Dana College to the NAIA National Championship and a NWCA National Duals Championship. The NWCA and NAIA Coach of the Year honors in 2006, Costanzo gained NAIA Regional Coach of the Year accolades in 2005 and 2006.

Costanzo was a three-time NCAA Division II All-American and two-time conference champion for Nebraska Omaha. He placed seventh in 1993, third in 1994 and third in 1995 at the NCAA Championships. Costanzo was inducted into the 2006 NSWCA - Nebraska Scholastic Wrestling Coaches Association Hall of Fame.

A native of Bennington, Neb., Costanzo has a bachelor's degree in Physical Education from the University of Nebraska at Omaha and a master's degree in Health, Physical Education, and Recreation from Emporia State University.

## CAMP COACHING STAFF

### Brady Wilson

**SCSU Assistant Wrestling Coach**



- 1st Season at SCSU
- 2010-2011 Assistant at MSU-Mankato
- 4x DII All-American
- MSU-Mankato's All Time Wins Leader

### Tyson Reiner

**SCSU Assistant Wrestling Coach**



- 1st season at SCSU
- 2010-2011 Assistant at Wartburg College
- 2x NCAA Division I National Qualifier
- Western Wrestling Conference Champion

**ADDITIONAL CAMP STAFF:** SCSU Wrestlers - including All-Americans Tad Merritt, Jake Kahnke, Jake D. Horn, and Shamus O'Grady.

### FOR MORE INFORMATION

**Contact:** Coach Costanzo at  
(O) 320-308-2996 or (C) 320-309-4878  
**E-Mail:** [sscostanzo@stcloudstate.edu](mailto:sscostanzo@stcloudstate.edu)

or

Coach Wilson at  
(O) 320-308-3159 or (C) 507-330-3877  
**E-mail:** [bjwilson@stcloudstate.edu](mailto:bjwilson@stcloudstate.edu)



### THIS IS HUSKY WRESTLING!

- 2012 NWCA DII National Duals Champion
- #1 2011-12 Preseason DII national ranking
- 2011 NCAA DII Runner-Up
- 12 National Champions
- 81 All-Americans
- 3 USA Olympians
- 70 Conference/Regional Champs
- 65 NWCA All-Academic Award Winners



## CAMP HIGHLIGHTS

### Takedowns:

Takedowns-The focus in the neutral position will be on solid leg attacks, set-up by consistent pressure on the opponent. We will also learn how to work the head, short offense, and upper body throws/trips.

### Defense and Counter Attacks:

Here we will cover solid lines of defense, and what to do when an opponent gets to your legs. "An offensive defense" !

### Top:

Although we will cover many top techniques, the focus will be on turning the toughest opponents with tilts and legs.

### Bottom:

Attack from the bottom with an explosive stand-up series as well as secondary bottom combinations.

### Drilling:

Learn to drill the above mentioned topics both intensely and effectively through pressure wrestling!

### Games and Live Wrestling:

Camp games and live wrestling are steadily incorporated throughout the camp to enhance the participants experience.