

2010 St. Cloud State
Wrestling Camp

Full Name: _____

Address: _____

Grade: _____

Age: _____

Email: _____

Home Phone: _____

Emergency Contact: _____

Emergency Phone Number: _____

Camp Type: _____

Amount: _____

Make check payable to: SCSU Wrestling
Shirt Size: YS / YM / YL / S / M / L / XL /
XXL

All Campers will receive a free T-shirt.

I HEREBY RELEASE ST. CLOUD STATE
UNIVERSITY AND ITS STAFF AT THE
CAMP, OF ANY AND ALL INJURIES THAT
MY CAMPER MAY OBTAIN WHILE AT-
TENDING THE CAMP. I AM NOT AWARE
IF ANY CONDITIONS THAT MAY LIMIT
MY CAMPER WHILE ATTENDING THE
CAMP.



Parent and/or Guardian Signature

St Cloud State University
720 4th Ave S St Cloud MN, 56301

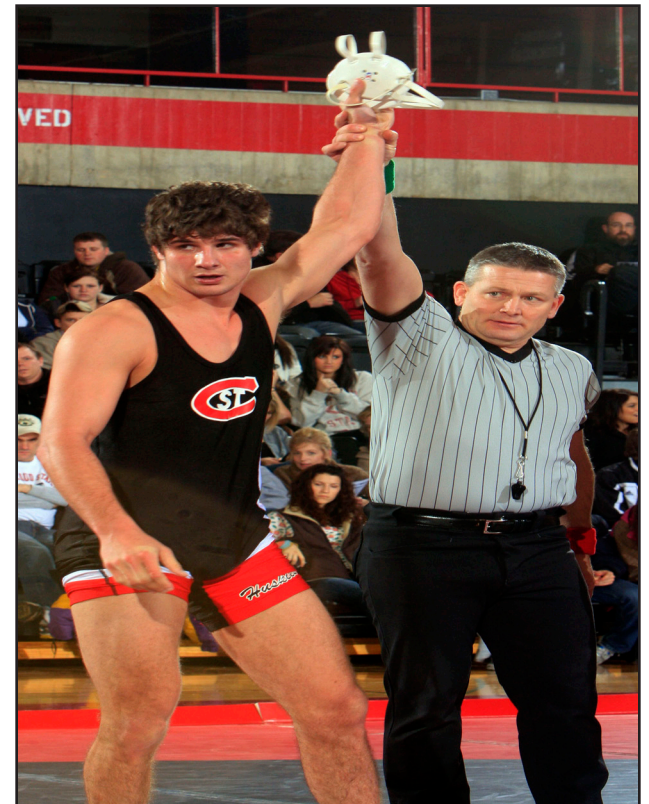
Head Coach: Steve Costanzo

Phone: 320-308-2996

Email: sscostanzo@stcloudstate.edu

www.stcloudstate.edu/athletics

**2010
ST. CLOUD STATE
WRESTLING CAMPS**



**HIGH SCHOOL COMMUTER CAMP:
JUNE 21-22**

**YOUTH COMMUTER CAMP:
JUNE 28-29**

TRAVELING CAMPS: AS ARRANGED



The St Cloud State University Wrestling Camps help wrestlers improve their fundamental skills and technique. The basic drills taught are standard for all age levels in the sport of wrestling. Wrestlers will also be exposed to folkstyle and freestyle wrestling and the curriculum is designated to fit all ability levels. Ages for the camps are 5-18 years of age and campers will be groups based by age and experience.



Camp Staff

Steve Costanzo

He is entering his fifth season as the Husky wrestling coach. His career record is 100-51 in dual meets. During his tenure, he has coached 98 National Qualifiers, 41 All-Americans, two National Champions and 36 NWCA All-Academic recipients. Costanzo was a three-time NCAA All-American for the University of Nebraska at Omaha. He is currently a USA Wrestling Silver Level Coach.

Chris Heilman

A native of Colorado Springs, Colo. Heilman was the 2004 Colorado High School State Champion for St. Mary's H.S. He was a three-time NCAA Division III All-American and an Iowa Intercollegiate Athletic Conference Champion for Cornell College. Heilman placed seventh in 2006, fourth in 2007, and third in 2008 at the NCAA Championships. He is the fifth wrestler in school history to earn All-American accolades in at least three years.

Cy Wainwright

A native of Green Cove Springs, Florida. Wainwright was a National Champion and two-time NCAA Division II All-American for Newberry College. He led his team to a runner-up finish at the 2009 NCAA DII Championships. Wainwright holds school records with longest win streak (38), wins in a season (42) and wins in a career (124). He finished his 2008-09 campaign with an unblemished 36-0 record and an overall record of 124-22. Wainwright is also a two-time Florida High School State Champion.

Brad Padgett

Padgett is a two-time NCAA Division II All-American and two-time North Region Champion for the Huskies. Padgett placed fourth in 2008 and third in 2009 at the NCAA Championships. He was named Dean Weisman wrestler of the Year in 2008 and 2009. He amassed a two-year mark of 60-15 for the Huskies. In addition, Padgett was a two-time NJCAA All-American for Highline Community College.

Our camp staff also includes current SCSU wrestlers...

John Sundgren, Tad Merritt, Jake Kahnke, Derek Skala, Gabe Suarez, Luke Munkelwitz, Shamus O'Grady and many more.....

St Cloud State Wrestling Camps

*June 21st and June 22nd-Commuter Camp
9:00am -5:00pm

*June 28th and 29th-Youth Camp
9:00am – 3:00pm

*2010 SCSU Wrestling Traveling Camps
Contact Head Coach Steve Costanzo for details:

Phone: 320.308.2996

Fax: 320.308.6146

Email: sscostanzo@stcloudstate.edu

Web: www.stcloudstate.edu/athletics

Components: These camps will be focused on improving technique in all wrestling positions. There will also be emphasis placed on strength training, goal setting, weight management and mental imagery.

Includes: Camp T-Shirt, lunch and handouts pertaining to mental and physical training components.

Entry Fees: June 21&22 75\$ June 28&29 65\$

Traveling Camp: Fees are based on number of athletes and location.

Site: St. Cloud State University-Halenbeck Hall Wrestling Room.

Directions

Traveling West on interstate I-94, St Cloud is located just North of Minneapolis St Paul. It is approximately 65 miles. Take I-94 West till exit 171. Take a right on 75 for .3 miles until Clearwater Road. Take Clearwater all the way until University Drive then make a right. Go two blocks East and take a right on the 5th Ave. Halenbeck Hall will be on your immediate left.

Traveling East on Interstate 94 (From Fargo) Take exit 167b, Then turn right on Division St/ MN- 23. Turn right on 4th Ave then drive till you see signs for Halenbeck hall (Look for the Shell Station)