

## CAMP STAFF

### ***Mike DeRoehn***

Head Coach-Lakeland College  
2010 USAW Junior National Coach of the Year  
2011 USAW Kids Person of the Year

### ***Fred Brown***

Asst. Coach-Lakeland College  
Fmr. Head Coach Sheboygan Falls HS  
(4x EWC Champs; Coached over 25 State  
Qualifiers including 3 State Champions)

## CAMP DETAILS

This two day commuter camp is designed for athletes in grades 6-12 who want to further their knowledge of the sport and prepare for the upcoming season.

Day One is spent in the neutral position working offensive and defensive attacks. Athletes will learn how to attack the opponent's stance through our pressure wrestling system to create an array of scoring opportunities. Defensively, the athletes will use strong lines of defense to create counter offense.

Day Two will be spent on the mat working from the top and bottom. Athletes will learn a variety of breakdowns, turns and pins with extensive work on tilts and leg riding from the top position. From the bottom, athletes will learn a stand up series and defense/counters to leg rides. Sport specific games, drills and live wrestling will be incorporated throughout the camp.

Each participant will also receive a copy of the Lakeland Wrestling goal setting program and a championship weight management routine to help them prepare for the upcoming season.

## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Grade \_\_\_\_\_ Wt \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

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

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

Parent Cell \_\_\_\_\_

Parent \_\_\_\_\_

Email \_\_\_\_\_

Health Insurance Co. \_\_\_\_\_

Policy Number \_\_\_\_\_

## WAIVER STATEMENT

I hereby waive, release, and forever discharge the Plymouth School District, Plymouth Wrestling Club, Mike DeRoehn, Lakeland College and their representatives from any and all liability or property damage that may occur during participation in this camp. 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 in an emergency.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

## CAMP SCHEDULE

### **October 27th, 2011**

Late Registration 8:30-9am

#### **Session One 9-11:30am**

- 7 Basic Skills
- Pressure Wrestling-“On the Attack”

Lunch 11:30am-12:30pm  
(bring your own)

#### **Session Two 12:30-2:30pm**

- Fundamental Defense and Counter Attacks
- Front-Headlock

### **October 28th, 2011**

#### **Session One 9-11:30am**

- Tilts
- Leg Turns/Pins

Lunch 11:30am-12:30pm  
(bring your own)

#### **Session Two 12:30-2:30pm**

- Stand up series
- Counters to leg riding

## COST

- \$80 if received by October 21st.
- \$90 late registration at the door

Mail registration form with payment to:

Lakeland College Wrestling  
ATTN: Mike DeRoehn  
PO Box 359  
Sheboygan, WI 53082

Please make checks payable to:  
**Plymouth Wrestling Club**

**\*Please do not mail after October 21st\***

## **About Us**

Lakeland College has consistently been building a nationally competitive wrestling program. The Muskies have won the Northern Wrestling Conference Championship in 2008, '09, '10, and '11 while also being represented by at least one wrestler at the NCAA Championships each of the past four seasons.

Head Coach Mike DeRoehn has received multiple awards nationally for his work coaching young people. From 2007-2010, DeRoehn served as the WWF State Coach leading the Wisconsin National Team program. In four seasons, Wisconsin had 96 All-Americans at the Cadet/Junior level including 13 Individual National Champions. Team Wisconsin also won three NATIONAL CHAMPIONSHIPS including the 2008 Cadet National Duals, 2009 Cadet Individual National Tournament and the 2010 Junior National Duals. In 2010 Coach DeRoehn was honored by USA Wrestling as the Junior National Coach of the Year for Greco Roman Wrestling. In 2011, he earned the award for USA Wrestling Kids Person of the Year.

## **A Note from the coach**

The focus of this camp will be on proper instruction of fundamental technique, proper training methods, learning how to drill and most importantly, having fun! Both days we will have a group discussion covering goal setting and weight management. Come join us to learn the techniques and training system we use to train All-Americans at every age level.

On the Attack,

Coach DeRoehn



# "ON THE ATTACK"

For more information contact:  
Lakeland College Head Coach  
Mike DeRoehn at 920-565-1366  
Or email [deroehnmr@lakeland.edu](mailto:deroehnmr@lakeland.edu)



# LAKELAND COLLEGE

Pre-Season Wrestling Clinic

October 27 & 28, 2011



# "ON THE ATTACK"

Plymouth High School  
125 South Highland Ave  
Plymouth, WI 53073

**Open to wrestlers in grade 6-12**