

## The Staff



### Mark Cody

- Head Coach at American University
- Former Head Assistant Coach at national powerhouse Oklahoma State University
- Trained Olympic Champion Rulon Gardner
- Has coached over 35 student-athletes to All-American status
- A three-time All-American



### Pat Smith

- First four-time Division I NCAA Champion in history
- Assistant Coach of 2003 NCAA Champion Oklahoma State University



### Kevin Jackson

- Olympic and World Champion
- Member of World and Olympic Teams
- Currently U.S. National Team Coach



### Ricky Benomo

- Three-time NCAA Champion
- One of the best technical wrestlers in U.S. History

## Also Featuring

**Shawn Enright** - Current American University Assistant Coach; a two-time All-American at Ohio University

**John Hanrahan** - Current American University Assistant Coach; a two-time All-American at Penn State University

**Kelly Ward** - NCAA Champion at Iowa State

**Rico Chiparelli** - Former NCAA Champion at University of Iowa

**Scott Chenoweth** - Three-time All-American; coach of five state titles at Perry, Oklahoma

**Jose DeAnda** - An All-American; Assistant Coach at Northern Iowa

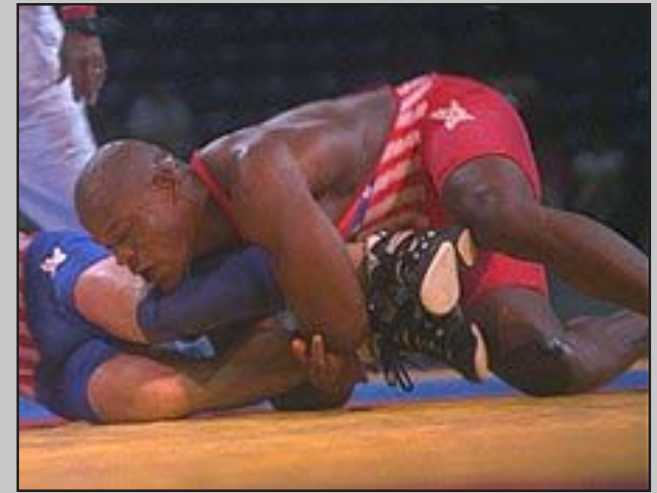
### Mark Cody's American Wrestling Camps

4400 Massachusetts Avenue, NW  
Washington, D.C. 20016-8005  
Phone: (202) 885-3066



# Mark Cody's American Wrestling Camps

Hosted on the campus of  
American University



## For Boys & Girls Ages 6-18

*Parent & Wrestler: June 29-July 2*

*Competition: June 29-July 2*

*Eight-Day Intensive: June 29-July 6*

*Technique: July 3-July 6*

Featuring expertise coaching by AU Head Coach Mark Cody along with Olympic-level coaches and several former NCAA Champions



## Overview

Mark Cody's American Wrestling Camps will offer instruction from a top-notch coaching staff. Over eight days, the campers will choose from four camps; team, technique, parent & wrestler, and intensive training.

*"As our first camp at American University, we're looking to provide an outstanding opportunity for wrestlers of all ages and levels to experience a memorable time." - Mark Cody*

## Camp Objectives

**Parent & Wrestler:** Designed to give parents a better understanding of their wrestler as an athlete. It will cover all aspects of wrestling at every level including weight training, safe weight cutting, technique and games.

**Competition:** We feel one technique session in the morning and competing in the afternoon and evening will best benefit you as a coach and wrestler. Teams and individuals are welcome.

**Technique:** Designed for all levels of experience. We won't rush through the sessions and we won't throw 10 different moves at you at one time. We'll break down the setup, the attack and the finish.

**Eight-Day Intensive:** (Ages 10-18) Designed to help a wrestler work hard yet maintain muscle mass. You will learn not only know how to train harder, but smarter.

All coaches and parents are invited to attend social receptions throughout the camp.

## Facilities

Resident campers are housed in university residence halls and supervised by camp counselors. Campers should bring bed linens including pillows, soap, towels, face cloths, clothes hangers, swimsuits and other personal items.

Laundry facilities are available in the residence halls. Housing office will assign each camper a roommate or rooms will be assigned by team.

Breakfast, lunch and dinner will be served at the University's Terrace Dining Hall. It is important that each camper attend every meal as this is included in the camp fee.

Because the safety and security of camp participants are important, campers must be in the residence halls by 10 p.m. every night. Doors will be locked at 11 p.m. University Police monitor the residence halls and surrounding areas at night.

## Tuition

	Resident	Commuter
Parent and Wrestler Camp	\$435	\$255
Competition Camp	\$435	\$255
Technique Camp	\$435	\$255
Eight-Day Intensive	\$800	\$535

Included in resident camper's tuition is housing and dining. Commuters should provide their own lunches. A free t-shirt will be given to all campers.

## Deposit/Payment

A non-refundable deposit of \$100 must accompany this application to secure a place in camp.

*\*Applications must be postmarked by June 2, 2003 to secure your place in the camp.*

Personal checks or money orders will be accepted for deposits. Outstanding balances can be paid by personal check, money order, or cash at the time of registration.

Checks should be made payable to: **Mark Cody's American Wrestling Camps**

**Space is limited. Please apply early.**

## Insurance

Each camper must have his or her own medical insurance.

## Equipment

Wrestlers should provide their own workout gear including head gear, wrestling shoes, and anything else they might need.



## Application

Mark Cody's American Wrestling Camps

**Please indicate which camp you would like to attend**

**June 29-July 2: Parent & Wrestler Camp** \_\_\_\_\_

**June 29-July 2: Competition Camp** \_\_\_\_\_

**July 3-July 6: Technique Camp** \_\_\_\_\_

**June 29-July 6: Eight-Day Intensive** \_\_\_\_\_

To secure your spot in camp, please return this application along with your non-refundable deposit of \$100.00 per camper.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Zip \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Date of Birth \_\_\_\_\_

Grade in September 2003 \_\_\_\_\_

School \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Contact Phone \_\_\_\_\_

**Medical Release:** All campers must have their own medical coverage. Mark Cody's American Wrestling Camps provides only excess coverage after your insurance policy has been utilized. Campers will not be allowed to wrestle unless the following information is submitted and the form signed by a parent or guardian of the camper.

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

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

**Parent/Guardian please read and sign:**

The undersigned, being a parent or legal guardian of the child requesting camp admittance, does hereby affirm that the applicant is physically able to perform activities conducted at Mark Cody's American Wrestling Camps and I hereby authorize any medical evaluation or treatment which may be advised or recommended by the attending physician of my child while at Mark Cody's American Wrestling Camps. In consideration of my application being accepted, intending to be legally bound, do hereby for myself, my heirs, executors and administrators waive and release and forever discharge any and all claims for damages, which I may have or may hereafter occur to me against American University, the wrestling program or their respective officers, agents, representatives, successors and/or assigns for any or all damages which may be sustained or suffered in connection with my association with, or participation in, Mark Cody's American Wrestling Camps on the campus of American University. I, the parent or guardian, do hereby agree to the above waiver and release.

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