

WHAT WE'RE ABOUT

This is the summer to take your wrestling to another level. At Tony Ersland Wrestling Camps you'll learn the best techniques while working with a top-notch coaching staff that has competed and coached at an Olympic-caliber level. Our coaching staff has won NCAA team and individual titles, All-America honors, U.S. Open Men's Freestyle championships and made the U.S. Freestyle World Team.

Under the direction of Tony Ersland, Tyrel Todd, Kendrick Maple and Jake Sueflohn, you'll learn, drill and train with coaches that know what it takes to get where you dream of getting -- on top of the podium.

It is our goal to make you a better wrestler not only by increasing your skill set, but by increasing your knowledge of what it takes to help you reach your goals.



In addition to the specific focus of the camp you attend, wrestlers will receive instruction on critical off-the-mat skills, such as nutrition, strength training, weight loss and the proper mental attitude.

Residential campers will stay in **air-conditioned** Cary Quad, located across the street from Lambert Fieldhouse, where all camp sessions are held. Campers will eat in Ford Dining Court.



Tony Ersland Wrestling Camps are open to any and all entrants limited only by number, age, grade level and/or gender.

CONTACT, CONNECT

Find additional information or to submit camp questions or comments to Tony Ersland Wrestling Camps LLC through our website, via email or connect and follow our coaches.



TonyErslandWrestlingCamps.com



TonyErslandWrestlingCamps@gmail.com



Tony Ersland Wrestling Camps



[@TonyErsland](#) // [@Tyrel_Todd](#) // [@jsueflohn149](#)



[@TonyErsland](#) // [@Tyrel_Todd](#)
[@kmaple141](#) // [@jsueflohn149](#)

CAMP FEES

The \$350 residential camp fee includes instruction, housing, meals, camp t-shirt and insurance coverage. The \$250 commuter camp fee includes instruction, two meals/day (lunch and dinner), camp t-shirt and insurance coverage.

LATE REGISTRATION

Late registration is considered less than 10 days prior to the first day of each camp. If you are a late registrant, you must contact Tony Ersland Wrestling Camps by phone at 406.570.2559 or email at TonyErslandWrestlingCamps@gmail.com.

ROOMMATES

Roommates will be assigned by age and year in school. Roommate requests can be made when registering for camp. We will make every attempt to meet requests.

CHECK IN/OUT

Each camp will hold check in on the first day from 2 – 4 p.m. ET at Cary Quad. Check out will be on the final day of each camp at 3 p.m. ET. All residential and commuter campers must check in and out. Check in/out will not start early.

REFUND POLICY

Refunds will only be given due to illness or serious injury. A letter requesting a refund must include a thorough explanation and a doctor's excuse note. No refunds will be given over the phone. All refund requests must be submitted via postal mail or email 10 days prior to the camp you are attending. Electronic refund requests made via email must include a photo or scanned doctor's excuse note.

Tony Ersland Wrestling Camps LLC is not responsible for any lost or stolen personal items. It is advised to leave your valuables at home.



REGISTRATION FORM

Mail completed registration form and check for full payment, please do not send cash, made payable to **Tony Ersland Wrestling Camps LLC**, to: Tony Ersland Wrestling Camps LLC, 2513 Gala Dr., West Lafayette, IN 47906

Upon receiving your registration form, we will mail you a medical information form and waiver. You can also download and print a medical information form and waiver from the Downloads tab at TonyErslandWrestlingCamps.com and mail it with your completed registration form.

WHAT CAMP ARE YOU REGISTERING FOR?

- Commuter Camp / June 14-16 Takedown Camp / June 18-21
 \$150 Resident \$350 Commuter \$250

- Intensive Training Camp / July 17-20
 Resident \$350 Commuter \$250

- Technique II Camp / July 17-20
 Resident \$350 Commuter \$250

Name _____ Grade (Fall 2017) _____ Age _____ Weight Class _____

Address, City, State, Zip _____

Cell Phone _____ Email _____

Shirt Size (S-XXXL) _____ Preferred Roommate _____

Parent/Legal Guardian Name _____ Parent/Legal Guardian Cell Phone _____

Parent/Legal Guardian Email _____

THE CAMPS

COMMUTER CAMP // JUNE 14-16

Who: Boys and girls, grades 1-8 (2017-18)
Cost: \$150

The focus of our Commuter Camp is learning winning skills and techniques with repetitive drilling. This three-day camp is geared for local and beginner wrestlers in grades 1-8. Campers will need to bring their own sack lunch the first two days, lunch will be provided the third day.

Our Commuter Camp focuses on the fundamentals of wrestling, functional strength and flexibility and enjoying the sport. Each day we will incorporate warm up, gymnastics, technique instruction, competitive wrestling/sparring and games.

Six-year-olds need approval to attend. Please contact Tyrel Todd via email at TonyErslandWrestlingCamps@gmail.com or phone at 406.570.2559.

TAKEDOWN CAMP // JUNE 18-21

Who: Boys and girls, ages 6 through grade 12 (2017-18)
Cost: Resident Camper \$350, Commuter Camper \$250

Our four-day Takedown Camp focuses on gaining a better understanding of positions, setups, counter offense, hand fighting and multiple attacks. You'll learn these techniques through drilling and live wrestling while learning how to compete at a high level.

On the last day of camp we will have a takedown tournament so you can put the new skills you've learned to the test.

TECHNIQUE CAMP // JUNE 22-25 TECHNIQUE CAMP II // JULY 17-20

Who: Boys and girls, ages 6 through grade 12 (2017-18)
Cost: Resident Camper \$350, Commuter Camper \$250

Our four-day Technique Camp will be offered in both June and July. In this camp, we will focus on fundamental drills and techniques from all positions to help you improve your skill set. You'll receive detailed instruction on current setups, takedowns, escapes, breakdowns and pinning combinations.

The goal of our Technique Camp is to give each wrestler a better understanding of the sport and how you can grow and develop from it.

INTENSIVE TRAINING CAMP // JULY 17-20

Who: Boys and girls, ages 6 through grade 12 (2017-18)
Cost: Resident Camper \$350, Commuter Camper \$250

Prepare to wrestle hard! Our Intensive Training Camp is for athletes serious about taking their wrestling technique, mentality and conditioning to new heights. This camp will give the committed wrestler an edge for the upcoming season. Each day will be intense by nature, but dynamic in design. The camp offers a similar amount of technique as the Technique Camp, but with a faster pace and increased work load.

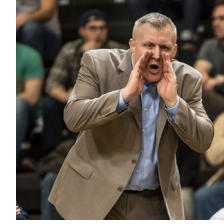
You will be tested physically and mentally, while gaining an in-depth look at match preparation, scoring positions and execution of technique.

THE COACHES



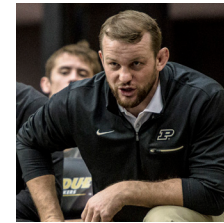
TONY ERSLAND

During his 20 years as a Division I wrestling coach, Ersland has played an integral role in developing wrestlers that are accomplished on the mat and nationally recognized. He has had nearly 100 wrestlers qualify for the NCAA Championships, with 28 earning All-America honors and four winning national titles.



Most recently, in April of 2017, Ersland coached Kendric Maple to the 2017 U.S. Open Men's Freestyle National Championships title at 61 kg.

Two of his pupils, Jordan Burroughs and Jake Herbert, earned the highest honor a collegiate grappler can receive, winning the Dan Hodge Award. Ersland continued to develop Burroughs on the international stage as he claimed the 2011 and 2013 World titles at 74 kg. In 2012, Burroughs claimed Olympic gold in London.



TYREL TODD

Todd was a three-time All-American and 2009 Big Ten champion at Michigan. He took fifth at the 2007 ASICS U.S. National Championships, eighth in 2008 and was seventh in 2011. In 2008, he narrowly missed a bid for the Olympic Games in Beijing, placing fourth at the Trials.



KENDRIC MAPLE

Maple is a two-time U.S. Open Men's Freestyle National Championships finalist at 61 kg, winning it all in April 2017 and was the runner-up in 2015. He earned a spot on the 2015 U.S. World Team member. At Oklahoma, Maple was a three-time All-American and won an NCAA title at 141 pounds in 2013.



JAKE SUEFLOHN

Suefloh was a four-time NCAA Championships qualifier and four-time Big Ten Championships placewinner while wrestling at Nebraska from 2012 to 2016. He was the 149-pound runner-up at the Big Ten Championships as a junior in 2014 and as a sophomore in 2013.