



CADDY'S MENTAL TOUGHNESS CAMP GRADES 5-12

Sunday June 7, Monday June 8, Tuesday June 9th.

Mike Evans, Bobby Telford, Cory Clark (camp counselor)

9 am to 3pm. Food is provided.

See it, Own it, Solve it, Do it.

This camp will focus on personal accountability. By becoming accountable, you will be a better wrestler and a better teammate.

We will focus on behaviors that are both Above and Below the Line, and the effect Below the Line behaviors has on the team culture. Cory Honold has given this presentation to many groups with great success.

Camp will focus on the body, the mind, and the spirit. We will have sessions from former State Champions about what it took for them to win.

Mike Evans and Bobby Telford, outstanding wrestlers for the University of Iowa, will lead us in the wrestling training. Training will take place from 9-11 and 1-3. Only the mentally strong need to sign up!

Many local & legendary coaches are signing on to help! Cost is \$50. Kids under 5th grade need a coach's endorsement to attend.

Email cory.honold@outlook.com to enroll your team.

June 7th -9th \$50

Ag Park 822 15th Street, Columbus NE

Cut and return form to Cory Honold 2417 34th Street Columbus, NE 68601

Name: _____

Emergency Contact: _____ Phone: _____

Grade: _____ Weight _____ 2015 Record _____

Team & Club Name: _____

T Shirt Size: _____ I am best at (Circle) TOP BOTTOM NEUTRAL

What do you want to get out of this camp?: _____



Caddy's Mental Toughness Wrestling Camp Schedule of Events:

All Sessions will be 1.5 hours of training and .5 hours of live work on the techniques taught.

Ag Park Columbus, NE

Sunday June 7th

Session 1

5 pm – 7 pm Dinner provided 7:00-7:30p.m

Session 2

7:30 pm – 9:30 pm

Monday June 8th

Session 1

9 am -11 am

11 am -1 pm Lunch and mental sessions

Session 2

1 pm – 3 pm

4 pm - ? Water Park event (optional)

Tuesday June 9th

Session 1

9 am – 11 am

11 am – 12 pm Lunch and mental challenge

Session 2

1 pm – 3 pm

3pm Close camp and hand out camp shirts

We will work hard. We will play hard. Any club or group that gets at least 25 kids to attend the camp will share in camp revenue. Our goal is to make this an annual camp that wrestlers will mark off as a must attend event. All revenue from this camp will go back into growing Wrestling!

Contact Cory Honold with any questions: cory.honold@outlook.com