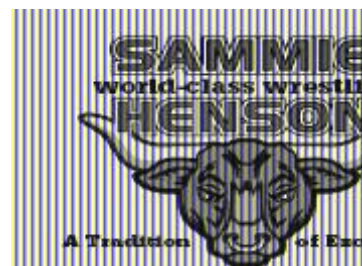




**Skyline High School  
Presents  
Sammie Henson  
globalone wrestling commuter camp  
July 10-14, 2006  
9:00 AM / 3:00 PM  
Grades 6-12**



## Goals

- Produce sectional, State champions along with All-American and National champions
- Produce champions on and off the wrestling mat
- Introduce student-athletes to a higher level of technical expertise in the sport of wrestling
- Give wrestlers the chance to wrestle at the next level of competition
- Learn character and integrity that will last a lifetime

## About Sammie Henson



Sammie Henson, a freestyle silver medalist at the 2000 Olympic Games, enters his first season at Army as head assistant wrestling coach. Henson, a 1995 graduate of the University of Missouri with a bachelor's degree in Park, Recreation, and Tourism Management, spent the past two seasons as an assistant to head coach Troy Sunderland at Penn State. Under his tutelage, the Nittany Lions placed sixth at the 2003 NCAA Division I Tournament.

While at Penn State, Henson was responsible for developing training programs for wrestlers along with running practices. He assisted in the recruitment of student-athletes to Penn State, including signing a consensus top five recruiting class for the Nittany Lions.

Henson helped guide lightweights Josh and Scott Moore to All-America honors this past season, and was instrumental in the Nittany Lions' third-place Big-10 Conference showing, their highest since 1999.



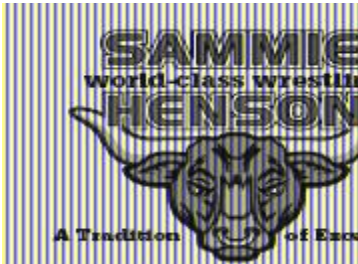
Prior to his coaching experience at Penn State, Henson coached at Oklahoma and Missouri. While with the Sooners, Henson tutored NCAA National Champion Michael Lightner.

Along with his coaching experience, Henson has spent his share of time on the wrestling mat competing in numerous national and international competitions since winning back-to-back NCAA titles while at Clemson in 1993 and 1994. He won a World Championship in 1998 and claimed U.S. National titles in 1998 and 2000 as well.

Henson has won five international freestyle titles, including one in Poland and one in Turkey in 2001, and numerous national freestyle and Greco-Roman events. A three-time All-American, he

competed at Missouri as well as Clemson during his collegiate career. He has won University National, Junior National and Espoir titles in his career as well as three Missouri state high school titles. Henson resides in Highland Mills, N.Y., with his wife, Stephanie, and his two sons, Jackson, 4, and Wyatt, 1.

## Camp Design



Sammie Henson has designed his camp so that each wrestler can reach the highest skill level possible. All areas of elite wrestling will be covered including, but not limited to, the following:

- Intense Drills
- Nutrition
- One-on-one personal help for all wrestlers
- Personal stories and information from each clinician
- Supplement information (Advocare products)
- Proper strength and conditioning by Sammie Henson and Scott Hines
- Training philosophy for each skill level
- Motivational talks

## Specialized Wrestling Sessions

Sammie Henson is known throughout the country for his fierce competitiveness and knowledge in the sport of wrestling. Anyone can train hard, but it takes a plan, with the proper techniques, and timing to become a champion at every level.

Sammie will personally be at every session either showing technique or supervising his great staff of past and current champions. The staff will personally help all kids excel, from the beginner to the expert. While most University camps focus on a massive amount of people and technique, Sammie's camp will do the opposite. The Camp will focus on less people and quality learning with advance drilling and technique sessions. As you can tell, these camps are structured so each wrestler retains more, thus improving his or her skill level faster and more efficient.

I believe in Repetition, Repetition, Repetition!! Every great wrestler and coach will tell you that hard work leads to success. Mixed with hard work, you will need to have a plan to reach your goal of becoming a champion.

I have assembled a world-class staff which includes top notch wrestlers and coaches of today. My staff has reached the highest level as competitors. Some continue to strive as coaches. All staff members work with passion and enthusiasm to assure that each individual exceeds his or her expectations during the camp.

## Camp Counselors

### Witt Durden



- 2001 & 2002 NCAA All-American (3rd place)
- Four-time Georgia State H.S. Champion
- Big Twelve two-time Finalist
- University of Oklahoma

### Josh Moore



- 2003 NCAA Division I All-American (3rd place)
- Big 10 (3rd place)
- Penn State University
- Training for the 2004 NCAA Championship

### Scott Moore



- 2003 NCAA Division I All-American (4th place)
- Big 10 Champion
- Transferred to the University of Virginia
- Training for the 2004 NCAA Championship

**Location:** Skyline High School  
1122 228<sup>th</sup> Ave. SE  
Sammamish, WA 98075

**Cost:** \$250.00 or **\$200.00 if paid prior to April 15, 2006**

**Payable to:** Skyline High School ASB

**Contact Information:** Gus Kiss (425) 837-8108  
gkiss@baldwinrgi.com

**Mail to:** Skyline High School  
c/o Barb Dekruyf  
1122 228<sup>th</sup> Ave SE  
Sammamish WA, 98075

# Skyline High School – Commuter Wrestling Camp

## Application

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

School \_\_\_\_\_ Grade \_\_\_\_\_

T-Shirt Size     S     M     L     XL

## Primary Insurance

All participants must have health insurance and produce proof of that insurance the day of registration. I approve of my child's attendance at Skyline High School for the Sammie Henson World-Class Wrestling Camp and certify that he/she is in good health and able to participate in all activities. If medical attention is required for illness or injury while at wrestling practice, I give my permission for such care and hereby waive and release Skyline High School, Sammie Henson Wrestling Camp, its staff, and the Issaquah School District of all liability for any injury or illness incurred.

## Signature of parent or guardian & date

\_\_\_\_\_

## Recommended:

- 1) Sign up with your partner. Those who train together will become great together!!
- 2) Bring a Lunch
- 3) Wrestling Shoes, running shoes, extra water, extra set of clothes, towel

**No refunds for any reason! Always finish what you start!**