

## CAMP DIRECTOR



### Steve Garland Head Coach, University of Virginia

2000 UVA grad. Three-time ACC finalist and ACC Tournament Champion at 125 lbs. in 1997. ACC Wrestler of the Year in 2000. NCAA tournament qualifier for three years. NCAA All-American in 2000, falling in the national title match after upsetting top seed, Jody Strittmatter of Iowa, 9-7 in overtime.

Before becoming UVA's head coach in 2006, Garland served six seasons as an assistant coach (the last four as top assistant) at Cornell University under 2005 NCAA Coach of the Year Rob Koll. During this period, the Big Red achieved four consecutive top-11 finishes at the NCAA Championships. Garland has coached **17 All-Americans, four NCAA finalists and 48 NCAA qualifiers**. "I have been a part of a system that has consistently produced successful wrestlers... I'm confident that I can implement many facets of this system at UVA and in these camps."

## CAMP CLINICIANS

### Scott Moore

Assistant Coach, UVA. two-time All-American. Compiled a record of 51-1 in 2004, finishing 3rd at the NCAA Championships at 141 lbs. Led the nation with 34 falls and holds the UVA record for most falls in a career. In 2003, earned All-American honors finishing 4th and also garnered his first Big Ten Championship for Penn State University.

### Matt Pell

Assistant Coach, UVA. Two-time All-American and four-time NCAA qualifier. Placed 3rd at the NCAA championships in 2007. Matt was a University National Champion, placed 3rd at Pan American Championships, and 5th at World Team Trials. A member of the University of Missouri (Mizzou) team which placed 3rd at the NCAA Championship.

### Jim Harshaw

Current Director of the Cavalier Wrestling Club and Co-director of Commonwealth Wrestling Camp, LLC. Head Coach for Slippery Rock University for two seasons before returning to Charlottesville. A 1999 All-American for UVA at 165 lbs., a three-time ACC Champion and is ranked 2nd on UVA's pins list.

### Josh Walker

Assistant Coach, UVA. Assistant Director, Cavalier Wrestling Club. 2005 team captain at Penn State. Known for his work on top. Josh had 33 career falls for the Nittany Lions.

### Tim Foley

Assistant Coach, Columbia University. 2004 All-American at 165 lbs. for UVA. ACC Champion in 2002 and 2004. Foley ended his UVA career with an overall record of 114-35, a UVA record in dual matches at 49-3, and is 2nd in all-time career wins at 114.

### Jim Stanec

Former Assistant Coach at UVA for two seasons. Two-time NCAA qualifier, and a 2001 EIWA finalist and All-American at 174 lbs., where he had been ranked as high as 4th in the nation.

## Best-of-All-Worlds Camp • June 26-June 29

This camp will deliver what it promises with small groups and clear, fast-paced instruction. Suitable for learning ALL aspects of the sport of wrestling. Specifically designed to cover the three major areas/skills necessary to become a successful wrestler.

- **Strength and Conditioning:** Mornings begin with a two-hour strength and conditioning session. Campers will learn how to improve their strength and power through the use of our state-of-the-art weight rooms. They will also improve their conditioning and stamina through various sprint, hill, and agility training sessions alongside our UVA wrestlers. Campers will benefit from a collegiate-style training regiment and learn why each workout is important.
- **Technique:** A two-hour afternoon session dedicated entirely to technical development. Campers are split into age and skill-level groups to assure suitable learning techniques. In small group settings, each wrestler will receive hands-on instruction from our staff. Techniques covered will include position drills, basic and advanced takedowns with set-ups, a variety of finishes, tilts, turns, cradles, leg-riding, and top and bottom basics. Our staff will also teach you some of their own personal tricks from the top, bottom, and neutral positions.
- **Live Wrestling:** Each evening session will focus on hard, fast-paced drilling and live wrestling patterned after our own collegiate-style practices. You'll learn the correct way to drill and improve your overall wrestling skills and mental toughness from our staff and counselors. You can "let it all hang out" as you will have the opportunity to wrestle against some of the best competition in Virginia and surrounding states. Campers will be matched according to weight, age, and experience as they are in the afternoon sessions.

### Team Concept Camps Team Camp I: June 22-June 26 Team Camp II: July 6-July 10

This camp provides an excellent opportunity for high school and junior high teams to go up against outside competition. Some of the best teams in Virginia, Pennsylvania, New Jersey, and Ohio have attended, and your team will be well-prepared for the upcoming season after attending this camp. Sessions are competition-based, and there will be a calculated balance of technique sessions featuring our outstanding clinicians. Camp athletes will be put under the close supervision of University of Virginia wrestlers. We cap the number of registrants at these camps in order to focus on competition and technical development. *Individuals are welcome to sign-up and will be placed with a team.*

## Elite Camp • June 26-June 29

This camp is not for the weak of heart. It is designed for the serious wrestler who is prepared for an intense and all-encompassing training experience. Every aspect of wrestling will be covered. Be prepared to run, lift, wrestle, and learn! Participants will enjoy our newly renovated wrestling facility, which boasts plenty of mat space, weight room, video analysis room, and locker room. If your goals go beyond the high school level and you are interested in attending and wrestling for UVA, this is the camp for you. Many of our past recruits have attended this camp to meet our coaching staff, view our state-of-the-art athletic facilities, and explore our historic and beautiful campus.

*Back by Popular Demand*  
**COMMONWEALTH WRESTLING CAMP**  
**DODGEBALL CHAMPIONSHIP OF THE WORLD**  
*Competiton will be intense, so bring your "A" Game!*

## CAMP APPLICATION

Make checks payable to Commonwealth Wrestling Camp, LLC. *Teams of 10 or more will receive a \$15 discount.* Send check and application to:

**Commonwealth Wrestling Camp, LLC**  
1091 Haden Terrace • Crozet, Virginia 22932

*Camp you will be attending:*

- |   |   |
|---|---|
| <input type="checkbox"/> <b>June 26-June 29</b><br><b>Best-of-All-Worlds Camp</b><br>\$350 Boarding<br>\$280 Commuter | <input type="checkbox"/> <b>June 22-June 26</b><br><b>Team Concept Camp I</b><br>\$365 Boarding<br>\$280 Commuter |
| <input type="checkbox"/> <b>June 26-29</b><br><b>Elite Camp</b><br>\$350 Boarding<br>\$280 Commuter                   | <input type="checkbox"/> <b>July 6-July 10</b><br><b>Team Concept Camp II</b><br>\$365 Boarding<br>\$280 Commuter |

Please check one:  Commuter  Boarding

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

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

Phone ( ) \_\_\_\_\_ E-mail \_\_\_\_\_

School \_\_\_\_\_ Coach's Name \_\_\_\_\_

Grade (2008-2009 year) \_\_\_\_\_ Current Weight \_\_\_\_\_

Roommate Preference (if applicable) \_\_\_\_\_

Enclosed is a \$150 (check or money order payable to Commonwealth Wrestling Camp, LLC) **NON-REFUNDABLE DEPOSIT** for my reservation. Balance to be paid two weeks prior to camp registration. **DUPLICATE FOR ADDITIONAL ATTENDEES.**

### CAMP AGREEMENT

The Commonwealth Wrestling Camp, LLC, is sponsored and run by Coach Steve Garland, and it may be held at the University of Virginia and use some of the University's facilities. However, Commonwealth Wrestling Camp, LLC, is not sponsored or run by the University, and Steve Garland and his assistants are not employees or agents of the University in their operating the camp.

*Please read the following agreement carefully before signing. Although camp participation is encouraged, it is encouraged only if health and safety are considered.*

### CERTIFICATION OF PHYSICAL FITNESS TO PARTICIPATE

1. I understand that a risk of participating in any sport, including Commonwealth Wrestling Camp, is the risk of injury, including but not limited to serious permanent injury, paralysis, and death. To minimize the risk of injury, I agree to tell my child to obey all safety rules and to report fully any problems related to his/her physical condition to the summer camp coaches or assistants as soon as the problem begins.

2. By signing below, I certify the following:

- That my child is not currently under the care of a physician for an injury or illness that would prevent his/her safe participation in the summer camp;
- That my child is not currently being treated for or recovering from an orthopedic injury that would prevent his or her safe participation in the summer camp;
- That my child has no history of fainting or other problems related to strenuous exercise; and
- That my child is in good health and there is no reason he or she cannot safely participate in strenuous physical activity.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### CONSENTS

1. By my signature below, I hereby give permission for Commonwealth Wrestling Camp and its employees and agents to obtain medical treatment for my child, \_\_\_\_\_, in the event of accident or illness during his/her presence at the camp.

2. By my signature below, I hereby give consent to have my child be photographed or video or audiotaped during camp activities, and I agree that the images so obtained may be used for educational and public relations purposes by Commonwealth Wrestling Camp.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

### RELEASE

1. In consideration for accepting my child into Commonwealth Wrestling Camp, which uses University facilities, I do hereby agree that I am and shall be responsible for all costs associated with any injury or loss that may be sustained by my child as a result of his or her participation at the camp. I also certify that I have health insurance which provides adequate coverage for injuries or illness my child may sustain while participating in Commonwealth Wrestling Camp.

2. By my signature below, I also agree to release and promise not to sue the Commonwealth of Virginia, the University of Virginia, or their employees or agents for any damages, loss, injury, or death arising from my child's participation in Commonwealth Wrestling Camp, unless such damages, loss, injury, or death are caused by willful and wanton conduct of such employees or agents.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Prior to camp arrival, please submit: **INSURANCE CARD (front and back copy), Doctor's PHYSICAL FORM and EMERGENCY CONTACT INFO (name, address, phone/cell numbers).**

Directed by UVA Head Coach Steve Garland,  
2005 NCAA Assistant Coach of the Year,  
Commonwealth Wrestling Camp will prepare you  
physically, mentally and technically.



State-of-the-Art Facilities  
Intensive Training  
and Drilling  
Top-Notch Clinicians



Commonwealth Wrestling Camp  
1091 Haden Terrace  
Crozet, Virginia 22932  
[www.commonwealthcamp.com](http://www.commonwealthcamp.com)



"We usually struggle against  
some of the best teams in the  
state. Things changed after  
attending the Team Concept  
Camp. It had something for  
every wrestler. My better  
kids learned a lot and my  
freshmen improved as well."

Marty Ruley  
Head Wrestling Coach  
Grove City H.S. (PA)

"This team camp is developing  
into one of the best. The level  
of competition allowed us to  
see athletes from other regions  
and states. I attribute our last  
two successful seasons to the  
instruction, which is more than  
just 'camp moves.'"

Phil Cronin  
Head Wrestling Coach  
Chantilly H.S. (VA)

Learn from  
a system  
that has  
consistently  
produced  
successful  
wrestlers.



2005 NCAA  
Assistant Coach  
of the Year and  
UVA Head Coach  
Steve Garland



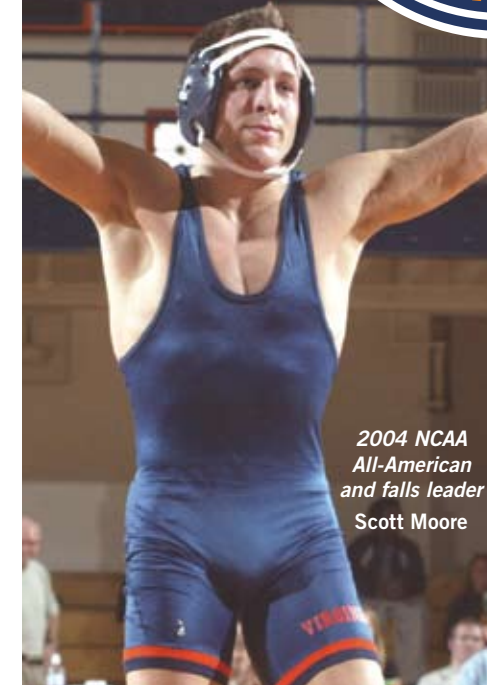
Choose from four  
unique camps at the  
University of Virginia.

June 22-26  
Team Concept Camp I

June 26-29  
Best-of-All-Worlds Camp

June 26-29  
Elite Camp

July 6-July 10  
Team Concept Camp II



2004 NCAA  
All-American  
and falls leader  
Scott Moore