

# www.sammiehenson.com

Circle the camp you want to attend and return to address listed below.

## [Intensive Commuter Camp \(MO\)](#)

St. Charles, Missouri  
Francis Howell Central H.S  
June 21st - 24th, 2010  
Last day 9:00pm – 10:30pm

## [Technique Commuter Camp \(WA\)](#)

Sammamish, Washington  
Skyline High School  
June 27th - June 30th, 2010  
1<sup>st</sup> day Half Day 4:00pm - 6:20pm

## [Intensive Commuter Camp \(CA\)](#)

San Clemente, California  
San Clemente High School  
July 5th-8th, 2010  
Last Day 9:00pm – 10:30pm

## **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**

### Henson's Coaching Resume

- Assistant Head Wrestling Coach at The University of Oklahoma
- Wealth of knowledge that includes successfully recruiting the top student – athletes in the country, as well as assisting in running the day-to-day operations of a high-level program
- NCAA Division I Nationals Champions, which include Michael Lightner (OU), Bryon Tucker (OU), and Paul Donahoe (NE).
- Several senior-level athletes such as 2008 US Open Champion Matt Azevedo, 2009 World Team Member Danny Felix and Future Star Sam Hazewenkil.
- Sammie has also coach several All-Americans, Big 12 and Big 10 Champions along the way such as Shane (OU) and Dane Valdez (OU), Witt Durden (OU), Josh and Scott Moore (PSU). Chad Mendes Cal Poly to NCAA Runner –Henson’s tutelage. Also, Henson coached Matt Azevedo to his first Senior Level National Freestyle Championship and Matt was also named Outstanding Wrestler by pinning eventual Olympic Champ Henry Cejudo in the Finals.

### Henson's Wrestling Resume

- Silver medal in the freestyle competition at 55kg at the 2000 Olympic games in Sydney.
- World Champion in 1998 for the USA in Tehran, Iran.
- World Bronze Medalist in 2006 at the age of 36
- 2 Time NCAA Champion 71-0 at Clemson University
- 3 Time Missouri State Champion

### Family

- Stephanie Henson (Wife), Jackson (10), Wyatt (7), Ruby Jo (5), Georgia – Kate (2), Maggie the dog (12)

## **General Information**

- **Complete Form Below and Mail check to: globalone wrestling llc.** c/o Sammie Henson  
3017 24<sup>th</sup> Ave SE Norman Oklahoma 73071
- **Cost:** Mail \$250.00 / **or pay online [www.sammiehenson.com](http://www.sammiehenson.com)**
- **Contact Information:** Sammie Henson – [sammiegold@gmail.com](mailto:sammiegold@gmail.com)

## Camp Design and Specialized Wrestling Sessions

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.

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. I believe in Repetition, Repetition, and Repetition!!

### \*Camp Clinicians and Counselors –

**At least one counselor will be selected to assist Coach Henson at each camp.**

- Michael Lightner: National Champion - World Team Member – Assistant Coach at The University of Oklahoma
- Tyler Caldwell: 4 X Kansas State Champion
- Kyle Detmer: 2 X Kansas State Champion – Junior National Greco Champion
- Zach Bailey: NCAA Qualifier – 4 time Missouri State Champion

## 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**

\_\_\_\_\_

