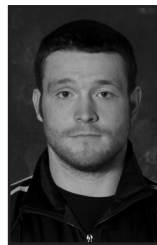


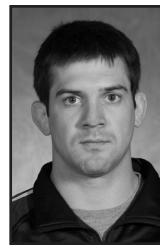
Meet the Staff



P. Rogers



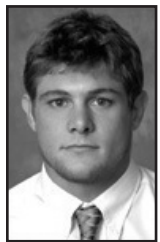
Howard



Sommer



S. Rogers



Wissel



Hinkel



Miller



Jensen

Pete Rogers

- Head coach, Lakeland College
- Guided Lakeland to nation's Top 30 in the last two years
- Three-time Wisconsin high school state champion
- 145-1 HS record
- Ohio State Univ. Team Captain
- Two-time NCAA Qualifier, Ohio State
- OSU Most Pins

Courtney Howard

- Assistant coach, Lakeland College
- Washington high school 4A state champion
- NCAA Division I national qualifier, Boston University
- Colonial Athletic Association runner-up
- Team MVP honors as a senior and most-improved in 2004

Steve Sommer

- Assistant coach, Cumberland University (Tenn.)
- NJCAA All-American
- NJCAA team national champion
- Ohio State varsity letter winner
- Team leader in tech. falls, match points and back points

Steve Rogers

- 20 years head coach at Oostburg High School
- 45 state qualifiers, 27 place winners, eight state champs
- Over 200 dual wins

Ben Wissel

- Indiana High School State Champion
- Two-time NCAA Division I All-American, Purdue University

Scott Hinkel

- Head coach, Purdue University
- Winningest wrestler in Purdue history and All-American
- Among top foot sweep technicians in country

Tom Miller

- Head coach, Lafayette Jefferson H.S., Ind.
- Indiana Wrestling Hall of Fame, won over 350 duals
- President, Indiana Wrestling Coaches Association

Jack Jensen

- Assistant coach, University of North Carolina
- Three-time team national champion, Oklahoma State
- Two-time individual national qualifier and All-American

Our Philosophy

Each student-athlete will leave the [Pete Rogers Intensive Wrestling Camps](#) with a thorough knowledge of the four areas of athletic development - [technical](#), [physical](#), [mental](#) and [nutritional](#).

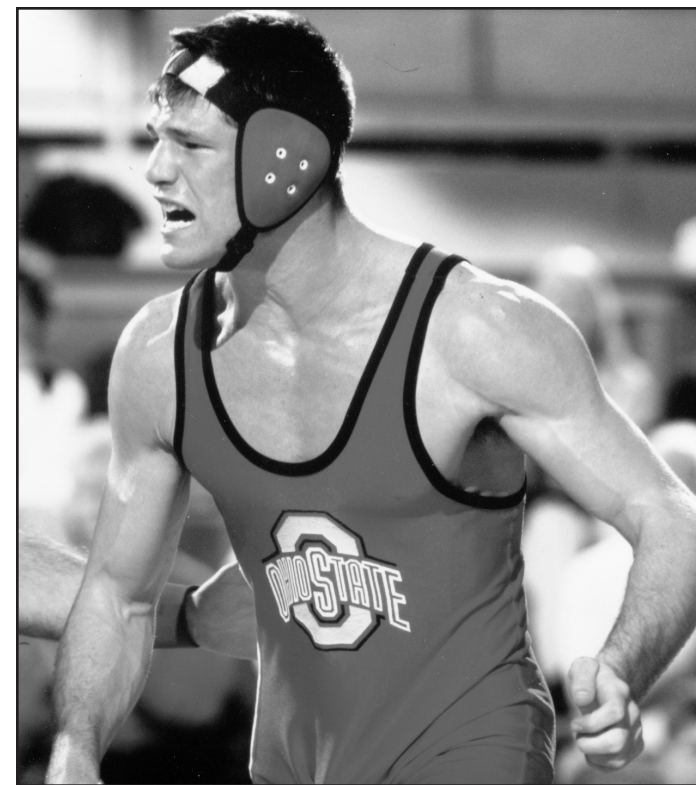
The camps will focus on developing the technical component. But the staff will also lecture on the mental and nutritional preparation needed to excel in wrestling. Campers will also learn about various workouts the Ohio State University, Purdue, Wyoming and Lakeland College squads implement in daily training.

As clinicians, we are aware of the importance of one-on-one instruction. Our staff is willing to help any athlete after sessions to ensure that each and every wrestler gets the most out of our camp.

Our philosophy on technique centers around use of the legs and hips. An athlete's power is in the legs and hips, and these concepts are stressed throughout the camp. We believe the ability to take ones opponent down is of vital importance. Most championships are won in the neutral position.

The Pete Rogers Intensive Camp's staff believes people are measured not only by what they do, but by the way they do it. During the camp, each student-athlete will be taught that performing like a champion on the mat requires acting like a champion off the mat.

Champions
Expect More Than Others
Think Is Possible



2009 Pete Rogers Intensive Wrestling Camps

Representing clinicians from three Division I colleges, one Division III college and coaches from many successful high school programs

July 19-25, 2009

Held at

LAKELAND
COLLEGE

Located along the Lake Michigan shoreline in Sheboygan, Wisconsin



Pete Rogers Intensive Wrestling Camps
c/o Peter Rogers
Lakeland College
P.O. Box 359
Sheboygan, WI 53082-0359

2009 Pete Rogers Intensive Wrestling Camps

July 19-25

at Lakeland College,
Sheboygan, Wisconsin

An outstanding staff has developed five different camps to help you work toward your full potential.

The Pete Rogers Intensive Wrestling Camps will be held at Lakeland College, located seven miles northwest of Sheboygan. Sheboygan is an hour north of Milwaukee and an hour south of Green Bay. Lakeland's dorms, cafeteria and gym are all just a short walk from each other.

This year's camps are limited to 250 wrestlers on campus at one time in order to **give wrestlers as much individual work as possible**. Mail your application early to secure entry! After you're accepted, you'll be mailed a letter detailing what you need to bring, directions, check-in information and other details. First acceptance mailings will be sent June 1st.

There will be a \$150 non-refundable deposit to reserve your spot in camp.

Wrestlers can participate in **two three-day camps** if they are not run at the same time. For example, the Competition camp and Leg Attack camp or Toss, Turn and Pin camp and Leg Attack camp may be taken together.

The first round of confirmation letters to campers will be sent out in June.

Tuition includes room and board, instruction, camp shirt and limited insurance.

For more information, or to learn about group discounts, contact Peter Rogers at 920-565-1366 or e-mail Peter at rogerspa@lakeland.edu.

Pete Rogers Intensive Wrestling Camps
c/o Peter Rogers
Lakeland College
P.O. Box 359
Sheboygan, WI 53082-0359



Campers will have an opportunity to learn from Peter Rogers (above), one of the best wrestlers in Wisconsin high school history.

Intensive Training Camp July 19-25, \$560.00

Our staff understands the high level of work and effort needed to become an elite wrestler. This seven-day camp is designed for dedicated wrestlers who are willing to go the extra mile to become champions. This camp will not only provide wrestlers with instruction, but also a large amount of running, lifting and drilling. This camp is designed for wrestlers in good physical condition. It will only be offered to high school wrestlers. Wrestlers involved in this camp should expect intense workouts. Many wrestlers who have participated in this camp have gone on to become individual state qualifiers and champions.

Intensive Technique and Competition Camp

July 19-22, \$280.00 (commuter \$180.00)

This camp is designed for the athlete who wants to learn to drill the percentage techniques and test those techniques in live wrestling situations. In this camp, wrestlers will receive technical instructions and practice drilling these techniques in a structured, high-intensity environment.

There will be dual meet and tournament competition. The staff will provide daily analysis and critique of each wrestler's performance.

This camp is about learning to compete. The staff will focus on developing the toughness, intensity and self-confidence that is needed for victory.

The following is an approximate schedule for each of the five camps:

6 a.m. - Intensive Training Camp Morning Run
7 a.m. - Breakfast
9-11 a.m. - Session
Noon - Lunch
2-4 p.m. - Session
5:30 p.m. - Dinner
7-8:30 p.m. - Session
9-10:45 p.m. - Recreation/Movie
11 p.m. - Lights out

Toss, Turn & Pin Camp

July 19-22, \$280.00 (commuter \$180.00)

A fall is the ultimate expression of domination in wrestling. This camp focuses on techniques that put your opponent in a pinning situation.

On the feet, the staff will teach ways to get your opponent from his feet to a danger situation.

On the mat, the staff will teach you how to control your opponent and win back points and falls.

For an additional \$230, this camp can be made into a father-son camp.

Intensive Leg Attack and Takedown Camp

July 22-25, \$280.00 (commuter \$180.00)

Wrestling from the neutral position has become the most important aspect of wrestling any style. To be a champion, you must be able to dominate your opponent on your feet and take him to the mat. This camp will provide wrestlers with instruction in all aspects of leg attacks so they may become dominant on their feet.

The leg attack is the most basic and effective takedown technique. Every member of the Rogers Camp staff has enjoyed great success on all levels of competition, thanks in large part to their knowledge of wrestling on their feet.

For an additional \$230, this camp can be made into a father-son camp.

Little Muskie Camp

July 23-25, \$255 (commuter \$155)

This camp is for anyone from 5-10 years of age and has 1-3 years of wrestling experience. Basic skills such as takedowns, mat wrestling and pinning combinations will be taught. Campers will also learn about nutrition, sportsmanship and goal setting. Competition and wrestling-related games will be included. These camps will be enjoyable and beneficial for your young wrestler. For an additional \$175, fathers can stay and spend quality time helping develop their young wrestler. Limited to first 30 campers who register.



Campers will enjoy working with current Lakeland College wrestling standout, Jake Frias, and other current Lakeland wrestlers.

Camp Application

Photocopies will be accepted
Please fill out each item

Name _____

(Last) _____ (First) _____

School attended _____

Grade in school this year _____

Actual weight _____

Address _____

Age _____ Home Phone _____

E-mail address _____

T-shirt size (circle one) S M L XL YS YM YL

THE CAMP I WISH TO ATTEND IS:

_____ Intensive Training (July 19-25)

_____ Toss, Turn and Pin (July 19-22)

_____ Intensive Technique/Competition (July 19-22)

_____ Intensive Leg Attack/Takedown (July 22-25)

_____ Little Muskie camp (July 23-25)

Will your father attend the camps?

Yes _____ No _____

How did you find out about the camp?

_____ I will stay in the dorm _____

I will commute _____ *Note: Meals not included

Roommate preference _____

Lakeland College carries limited medical insurance for injuries sustained by participants in the Peter Rogers Intensive Wrestling Camp. The cost of such insurance is included in camp tuition and fees. However, each person registering for the Peter Rogers Intensive Wrestling Camp should review personal or family health insurance available to the applicant. It must be noted that the absence of personal or family health insurance coverage does not make Lakeland College or the Peter Rogers Intensive Wrestling Camp responsible for payment of medical expenses in excess of the limits of coverage provided or for the deductible amounts which apply to the insurance offered through the Camp.

Parent/Legal guardian signature _____

Make check or money order payable to Pete Rogers Intensive Wrestling Camps. A \$150.00 deposit is due at time of sign-up. Mail this form to:

Pete Rogers Intensive Wrestling Camps
c/o Peter Rogers
Lakeland College
P.O. Box 359
Sheboygan, WI 53082-0359