

PAT WHITCOMB, Camp Director



Whitcomb is in his 18th year as NIC's head coach and has led NIC to four national team championships. He was named coach of the year in 1999 and 2001 and is one of the top coaches in college wrestling. Whitcomb was a two-time NIC national champion and was named outstanding wrestler of the NJCAA Tournament.

KEVIN JACKSON, 1992 Olympic Champion



Jackson is a 1992 Olympic Gold Medalist and a 1991 and 1995 world champion. He was a three-time Pan American Games champion and a four-time NCAA All American while wrestling for LSU and Iowa State. Kevin is now the head Coach at Iowa State University.

JUSTIN ABDOU, Olympian



Abdou was a four-time NAIA national Champion for Simon Fraser University where he is head coach. He is a member of the Canadian World Team. He was 7th in the 1994 World Championships, on the 2000 Canadian Olympic team and has won eight Canadian national titles.

SHAUN WILLIAMS, Olympian



Williams is from Pretoria, South Africa, and competed in the Athens Olympics in 2004. Williams was a two-time All-American at North Idaho College and a national champion in 1999. Williams also is a South African national champion.

KERI STANLEY, NIC Assistant Coach



Stanley is an NIC assistant coach and a 2003 NJCAA national champion and 2002 national runner-up. Stanley wrestled at the University of Minnesota for a year before completing a bachelor's degree in university studies from Dickinson State University in North Dakota where he also served as an assistant coach.

CLARISSA CHUN, 2012 Olympic Bronze Medalist



Chun was the 2008 World Champion, placed fifth in the 2008 Beijing Olympics and third in the 2012 Olympics. She is a two-time United States World Team member and was a participant in the World Championships in 2000 and 2008.

LYNDSAY BELISLE, Olympian



Belisle is an eight-time Canadian national champion and an assistant coach for the Simon Fraser University women's wrestling team. She's a five-time, top-five finisher at the World Championships and was a World silver medalist in 2006, World University Games silver medalist in 2005, and a 2004 Olympian.

KERRY MCCOY, Olympian



2000 and 2004 Olympian
3X All-American
NCAA National Champion while at Penn State University
Head coach University of Maryland

MATT GENTRY, Olympian



2008, 2012 Olympian
NCAA National Champion while at Stanford University
Pan Am Bronze Medalist

All clinicians are scheduled to attend. If circumstances beyond our control arise, NIWC will not be held responsible.



2015

**NORTH IDAHO
WRESTLING
CAMPS
at NORTH IDAHO COLLEGE**



CAMP 1: JUNE 20-24	\$360
CAMP 2: JUNE 25-29	\$360 (\$250 for commuters)
CAMP 3: JUNE 30-JULY 3	\$295 (\$195 for commuters)
INTENSIVE CAMP	
CAMP 4: JUNE 29-JULY 3	\$475 (\$375 if also attending a high school camp)

On the beautiful shores of Lake Coeur d'Alene.
7 Olympians • 3 weeks



Camp Director: Pat Whitcomb
Two-time NJCAA Coach of the Year

CAMP PHILOSOPHY

This is the largest wrestling camp in the Pacific Northwest. We've continued to grow because of our reputation for providing quality instruction and a fun atmosphere. Quality clinicians are hired each year and this year's staff includes five Olympians. The teaching sessions will include all levels of collegiate-style wrestling with special emphasis on takedowns. The camp concludes with a takedown tournament on the last night that is open to the public.

CAMP 1: JUNE 20-24 (high school only)

CAMP 2: JUNE 25-29 (high school only)

This team camp has limited space. Three sessions of wrestling will be held each day. The morning session is technique instruction, followed by two duals in the afternoon and evening sessions. A team champion will be determined following pool competition.

Each team will consist of approximately 15 weight classes. Extra team members will be placed on teams that are short on weight classes. In just one week, campers receive nearly half the live match competition they'll receive in a full high school season.

CAMP 3: JUNE 30-JULY 3 (K-8th and girls camp)

This camp includes two technique sessions daily followed by one session of dual competition. Teams are chosen based on weight and age.

CAMP 4: JUNE 29-JULY 3 (Intensive Camp)

This camp involves 4 sessions a day. (running, lifting, technique, live wrestling & conditioning), and is designed to push wrestler's as hard as possible both mentally & physically.

FACILITIES

We're very excited about the quality of rooms and food service that are provided in NIC's new Residence Hall. Wrestling sessions take place in NIC's Christianson Gymnasium with more than 8,000 square feet of mats. Additional facilities include a weight-lifting room, soccer fields, and tennis courts. The Residence Hall*, gym, and food services are all located close by.

* Female campers must attend Camp 3.

COST

Cost is \$360 (commuter rate \$250) each week for Camp 1 or 2, \$295 (commuter rate \$195) for Camp 3, and \$475 for Intensive Camp 4 (\$375 if attending High School Camp also) which includes a t-shirt and room and board. **Coach's rate** is \$150 with four or less wrestlers enrolled; \$100 with at least five wrestlers enrolled; or free with at least 10 wrestlers enrolled. The last meal is breakfast before check out on the last day.

LOCATION

Located on the beautiful shores of Lake Coeur d'Alene, one of the top camp locations in the United States. Swimming and going to the beach between sessions makes for a great camp experience. The camp is located 35 miles east of Spokane, Wash., in Coeur d'Alene, Idaho, one of the nation's outstanding vacation destinations. Silverwood Theme Park is a 20-minute drive away.

CAMP SCHEDULE

6:30-8 a.m. Intensive	4-5 p.m. Free time
7:30-8:30 a.m. Breakfast	5-6 p.m. Dinner
9-11 a.m. Session I	7-9 p.m. Session III
11:30 a.m.-1 p.m. Lunch	10:30 p.m. In rooms
12:30-2 p.m. Recreation	11 p.m. Lights out
2-4 p.m. Session II	

CHECK IN

- North Idaho College Residence Hall located in the middle of NIC's campus.
- 1-4 p.m. June 20, June 25, June 29 or June 30.
- Transportation is provided to and from Spokane for campers coming by train or plane.
- First meal is at 5 p.m. after check in.
- First session is at 7 p.m. on the first night of camp.
- Campers should be picked up at the NIC Residence Hall at 11 a.m. on the last day of camp.

✂ Clip and save

WHAT TO BRING

Sleeping bag, pillow, towels, toiletries, workout gear, and wrestling shoes. Casual play clothes, warm jacket, swim suit, softball glove, spending money for snacks, t-shirts, etc. Head gear is optional.

MEDICAL INSURANCE

Each camper is responsible for their own insurance. No one will be admitted to the camp without a signed emergency release including an insurance policy number (on application form).

ADDITIONAL INFORMATION

Dates: June 20-24, June 25-29, June 25-July 3, June 29-July 3
 Location: North Idaho College,
 Coeur d'Alene, ID 83814
 Director: Pat Whitcomb, (208) 755-1634
 pbwhitcomb085@gmail.com

Application Form for North Idaho Wrestling Camp 2015

WHICH WEEK? 1. June 20-24 2. June 25-29 3. June 30-July 3 4. June 29-July 3 Commuter Check box if you are a commuter.

Name _____

Weight _____

Age _____

Email Address _____

Name of School _____

Emergency Phone Number _____

In case of injury or illness, necessary emergency treatment is authorized:

Insurance Company _____

Policy Number _____

I hereby waive and release North Idaho Wrestling Camp from any and all liability and injuries or illness incurred while in camp. I authorize the said camp to act for me in any medical emergency, according to their best judgement.

Home Phone _____

Parent/Guardian Signature _____

NOTE: Don't wait until it's too late. Only a limited number of wrestlers will be accepted. Enclosed is \$180 deposit. (Check or money order is accepted). The balance due of \$180 for camps 1 and 2 or a balance due of \$120 for camp 3 will be paid upon my arrival at camp. Deposits are non-refundable. Make checks payable to North Idaho Wrestling Camp. Send application and deposit to North Idaho Wrestling Camp, P.O. Box 2999, Coeur d'Alene, ID, 83816.

T-Shirt size (circle one) Youth S Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL Adult XXXL