

## Insurance Waiver

I hereby consent that the enrolled camper is covered by a health insurance plan. I hereby state that any injuries sustained during the camp shall be covered by said health insurance, and Pius X High School, camp coaches and camp counselors will not be held responsible.

Camp Participant: \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Contact Phone (Daytime)  
\_\_\_\_\_

Emergency Contact Phone (Evening)  
\_\_\_\_\_

Emergency Contact Email: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Camp Participant Signature: \_\_\_\_\_

T Shirt Size: S M L XL XXL

Previous Year Primary Standing: 7/8 Grade JV

Varsity State Qualifier State Medalist

Bring \$80.00 to Thunderbolt Wrestling Club



Pius X High School  
6000 A Street  
Lincoln, NE 68510

**Camp Contact Phone:**  
**Coach Jerry Clinch**  
**402-430-3114 Camp Contact**  
**E-mail: [Jerry.Clinch@PiusX.com](mailto:Jerry.Clinch@PiusX.com)**  
**[Www.Thunderboltwrestling.info](http://Www.Thunderboltwrestling.info)**



## Pius X Wrestling Camps

Summer Camps make  
winter champs!

**2022 Pius X  
Intensive  
Wrestling Camp**

**June 1 – June 4, 2022**



For grades 7-12 Girls  
For grades 7-12 Boys

## Camp Objectives

The objective of the Pius X Intensive Wrestling Camp is to teach wrestlers the proper training techniques to raise his level of ability, get the most out of every workout, push through road-blocks both physical and mental, and improve overall mental toughness.

Girls will be kept in a separate group when wrestling.



Wrestlers will also be given high quality technique, from highly accomplished clinicians.

Wrestlers will be given the opportunity to practice new techniques in live-wrestling scenarios each night.

## Camp Clinicians



**Eric Schultz**  
197 lb. Husker Wrestler  
Seventh-place 2022 NCAA Championships (March 19)  
Second-place 2022 Big Ten Championships (March 6)  
Five-Time NCAA Qualifier (2018, 2019, 2020, 2021, 2022)

Nebraska Redshirt of the Year (2016-17)  
Four-Time Academic All-Big Ten (2018, 2019, 2020, 2021)  
Nebraska Scholar-Athlete Honor Roll (Fall 2016, 2017, 2019, 2020; Spring 2020, 2021)  
Tom Osborne Citizenship Team (2018, 2019)  
Most Outstanding Wrestler (2020)  
NWCA First-Team All-America (2020)  
NWCA Scholar All-American (2020)



**Josh Guerra**  
3yrs Assistant Wrestling Coach-Pius X High School  
2X Nebraska HS State Medalist (Lincoln Pius X HS)

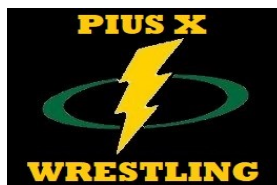
Other Coaches and clinicians,

**Jerry Clinch**  
Head Coach Pius X

**Jesse Andres**  
Head JV Coach Pius X

**Rick Baumgartner**  
Assistant Coach Pius X

Possible surprise Clinicians



# Pius X Wrestling Camps



## Sample Day Schedule

**9:00 - 11:00 AM**

1-Mile Run on the track, Stretch, Wind Sprints on Football Field, Push-Ups, Sit-Ups, Buddy Carries.

**11:00 - 1:00PM**

Free time: Shower, eat lunch (lunch **will be** provided each day), relax in school common area, time is free.

**2:00 - 4:00 PM**

Warm-Up Jog with calisthenics, Cardiovascular Exercises, Weight Training, Drilling

**6:00 - 8:00 PM**

Technique, Hard Wrestling/Drilling

**\*\*This is just a sample schedule. The activities listed are just examples. First two sessions will vary based on weather and availability. Night session will remain the same.\*\***

## Daily Requirements

\*Shoes for workout, both wrestling and running.

\*Fresh clean pair of workout clothes for each session. \*Personal water bottle for drink breaks.

## Camp Requirements

\*Wrestler must be willing and ready to give proper effort required of an intensive camp.

\*Positive attitude towards fellow wrestlers and counselors.

## Camp Cost

\$80 (Cash or Checks payable to Thunderbolt Wrestling Club)