

Ram Wrestling Camp 2019

May 28th, 29th, and 30th
Parowan High School
Featuring



Jade Rauser

- 4x High School State Champion going 175-0
- 4x NCAA qualifier and All-American at 133 lbs
- 2x National Champion at Fargo and Folksytle National Champion.
- First ever USA Wrestling Junior Triple Crown Winner
- 2009 Pan American Greco Champion

Coach of:

- Utah Youth Development
- Utah National Team

Skyler Woods

- 3x Nevada State Champ
- 6x High School All-American
- 4x Varsity Letter Winner (University of Oregon)
- Pac 10 Place Winner
- 2x University Freestyle All-American

Coach of:

- Virgin Valley High School 2009 - Present
- 2 Nevada Team State Runner ups
- 19 Individual Nevada State Champs
- 3 Fargo All-Americans
- 1 Junior UWW All-American
- 1 USA Folkstyle National Champion
- 1 Fargo Freestyle National Champ



Ram Wrestling Camp

May 28-30, 2019 at Parowan High School

Who Should Attend

While wrestlers of all skill level are invited to attend this camp, ages will be limited to incoming *4th - 12th graders* of the 2019-2020 school year. This camp will focus on the fundamentals of technique and intensive wrestling that is required to be a successful wrestler. Wrestlers of all skill level will have the opportunity to learn or improve in their technique and live wrestling skills.

Cost of Camp

\$55.00 Per Wrestler. Registration includes camp shirt* and lunch. Coaches and/or Parents are free to attend with the registration of their wrestler(s). **Registration must be completed no later than May 15th, 2019 to guarantee a camp shirt, and will officially close May 26th at Midnight.*

Daily Schedule and Skills Addressed

Camp sessions will occur May 28th, 29th, and 30th as follows:

May 28, 2019

- 1st Session: 9:00 a.m. to 11:00 a.m. – Bottom Position by Jade Rauser
- Hour and a half break for lunch and games: 11:00 a.m. to 12:30 p.m. (Lunch will be provided)
- 2nd Session: 12:30 p.m. to 2:30 p.m. – Takedowns and turns by Jade Rauser

May 29, 2019

- 1st Session: 9:00 a.m. to 11:00 a.m. – Single legs by Skyler Woods
- Hour and a half break for lunch and games: 11:00 a.m. to 12:30 p.m. (Lunch will be provided)
- 2nd Session: 12:30 p.m. to 2:30 p.m. – Down blocks to takedowns by Skyler Woods

May 30, 2019 (One session mini tournament)

- Session: 9:00 a.m. to 12:00 p.m. – Warm-up and live wrestling matches
- Conclusion and Lunch 12:00 p.m. to 12:30 p.m.

Lodging and Meals

Lodging is not included with the registration fee for this camp. Attendees may want to find lodging in Parowan, UT or in Cedar City, UT (20 min from Parowan).

Lunch will be included with the registration fee for this camp. It is expected that your wrestler is fed and ready to wrestle upon arrival each day of camp.

Coaching Staff

- Jade Rauser
- Skyler Woods
- Parowan High School Wrestling Coaches

How to Register

Please use this link to register your wrestler(s) for the 2019 Ram Wrestling Camp:

<https://secureinstantpayments.com/sip/cart/event.php?EID=3027>

Camp Questions

If you have any additional questions please contact Wyatt Robison at: wyatt.robison@ironmail.org

Intermountain Sports Medicine

An athletic trainer will be provided by Intermountain Sports Medicine and will be present at all sessions of Ram Wrestling Camp.

In 2014, the Iron County School District selected Intermountain Sports Medicine to provide an athletic trainer at each high school in Iron County: Cedar High School, Canyon View High School, and Parowan High School. In 2017, the Iron County School District was awarded the Safe School award by the National Athletic Training Association, for the highest standards of athlete safety in their school district, the first school district in all of Utah to receive this distinction.

What makes Intermountain Sports Medicine possible? Because Intermountain Healthcare is a not-for-profit healthcare organization, instead of profits going to shareholders, Intermountain can take profits and reinvest them back into our communities, to fulfill our motto of: Helping people live the healthiest lives possible. Rhett Farrer, Intermountain Southwest Region Sports Medicine Manager, said, "Most athletics events don't go without injury, and so properly addressing those injuries, and getting athletes back to the field of play in a safe manner is our highest priority, both on campus and on the road. With athletic trainers at each high school, we have helped our local athletes prevent all kinds of injuries, and achieve the highest possible level of performance."



**Intermountain
Sports Medicine**