American Frontier Wrestling Camp
Jim Zeigler
231 W 6TH ST BLDG 16
POWELL, WY  82435-1878
July 12–15, 2015
Ages 10-18
SUMMER CAMPS PRODUCE WINTER CHAMPS!!!

The American Frontier Wrestling Camp prides itself on having the best coach-to-wrestler ratio (1-5) of all camps.

COMPETITION FORMAT

Northwest College does not discriminate on the basis of race, color, national origin, sex, disability, age, religion, sexual orientation or veteran status in its programs and activities. We are an Equal Opportunity Employer and Institution (EOE/EOI). Student inquiries concerning disability services should be directed to the Disability Support Services Coordinator, Student Success Center, 231 W 6th ST BLDG 4, Powell, WY 82435-1860; 307.754.6227. All other compliance inquiries should be directed to the Compliance Officer, Orendorff Building, 231 W 6th ST BLDG 1, Powell, WY 82435-1898; 307.754.6404, or the Office of Civil Rights, U.S. Department of Education, Federal Building, 1244 Speer Blvd. #310, Denver, CO 80204-3582; 303.844.5695; FAX: 303.844.4303; TDD: 308.844.3417; OCR_Denver@ed.gov.

QUESTIONS?
Write or call:
American Frontier Wrestling Camp
c/o Jim Zeigler
231 W 6TH ST BLDG 16
POWELL, WY 82435-1878
307.754.6022
Jim.Zeigler@nwc.edu

COACHES
Jim Zeigler
Jim has served 23 years as the Head Coach at Northwest College and as the Director of American Frontier Wrestling Camp. Jim’s teams have produced 101 individual All-Americans, 14 National Champions, and one National team title in 2004. He was voted the NJCAA National Coach of the Year in 2004 and 2014, Region Coach of the Year 1996, 1999, and 2004, NJCAA Man of the Year 2006, and NJCAA Hall of Fame inductee 2009. Jim was a three-time All-American at the University of Southern Colorado.

Caleb Schaeffer
• Head Coach, University of Great Falls
• NAIA National Champion
• Four-time All-American

COUNSELORS
NWC Wrestlers
The American Frontier Wrestling Camp is proud to celebrate 23 years of success. This camp will have a competition format that will allow each individual to focus on particular skills. “WINNING WRESTLING” is the philosophy of this camp. It caters to individuals with a winning attitude and the student that desires to be a champion!

The focus will be on wrestling fundamentals, mechanics, and basic skills. We will have daily competition in which each individual will have the opportunity to apply those skills.

Advantages of attending this camp include special team rates, a great campus, a wrestling area with six full-size mats, fitness center and weight facility, top college-level coaches and athletes, a great coach/wrestler ratio, an opportunity to workout with college wrestlers, special individual attention, and a proven winning philosophy.

A $50 nonrefundable deposit must accompany registration. Make check payable to: American Frontier Wrestling Camp. Send completed registration form and check to: American Frontier Wrestling Camp, c/o Jim Zeigler, 231 W 6th Street, Powell, WY 82435-1878.

Typical Day SCHEDULE

6:30 a.m. Wake-up
7:00-8:00 Running or weight room session
8:00 Breakfast
9:30-11:30 Technique Practice
12:00 Lunch
2:00-3:30 p.m. Competition
3:30 Team workout and technique session
5:30 Dinner
7:00-8:30 Volunteer Session
10:30 Lights out

NOTE: The Northwest College Team will also have daily workouts.

Camp Fees
On-campus — Includes lodging, meals, camp t-shirt, instruction and recreation .............. $300
Commuter Costs — Includes camp t-shirt and instruction .................................................. $150

Registration
Registration for the camp will be Sunday, July 12 from 5–7 p.m. in the lobby of the Cabre Gymnasium. Any balance remaining must be paid at this time. Walk-in registrations are welcome. Registration forms are available online at www.northwestcollege.edu/athletics. The first wrestling session will begin at 7:00 p.m. Sunday evening. Camp will conclude Wednesday, July 15 at noon.

Meals and Lodging
On-campus wrestlers will be housed in the NWC residence halls and meals will be prepared by the Northwest food service personnel. Those wrestlers commuting will be able to purchase individual meals if desired.

Training Staff
A certified athletic trainer will be on hand to handle all injuries. It is recommended that wrestlers come to camp in good physical condition to reduce the chance of injury.

Insurance
All wrestlers are required to show proof of medical insurance before the camp begins.

Deposit (NONREFUNDABLE)
A deposit of $50 is required with each application form. Applications will be accepted until the day of camp; however, we request you to apply early to guarantee space in camp. (Camp limited to first 200 applicants. REGISTER EARLY!)

Coaches
Coaches who have wrestlers attending are invited to participate or videotape the sessions. Contact Jim Zeigler if you plan to attend or stay on campus.

On-campus ........................................... $150

DATES
Registration for the camp will be Sunday, July 12 from 5–7 p.m. in the lobby of the Cabre Gymnasium. The first wrestling session will begin at 7:00 p.m. Sunday evening. Camp will conclude Wednesday, July 15 at noon.

QUESTIONS? Email Jim.Zeigler@nwc.edu