



**2011 ALL-MARINE
FREESTYLE / GRECO ROMAN
INTENSIVE WRESTLING CAMP
JULY 25-30**

MARINE CORPS

Sports



MISSION STATEMENT

Great wrestling teams have coaches and wrestlers who understand the keys to success are discipline, hard work and sacrifice, but the best teams are those who also understand while wrestling may rely on the individual athlete for success, it is still a team sport. They realize for every wrestler who earned a state title, there were countless others who pushed him/her every day in practice.

A championship team never wins with just one wrestler scoring points. Great teams have wrestlers who are involved not only with their own matches but their teammates as well; offering support from the sidelines. Wrestlers suffer together, compete together and win together. Great coaches understand this and they push their wrestlers to operate as a team, despite the individual nature of wrestling. No organization understands this better than the United States Marine Corps. While the Marine Corps is made up of hundreds of thousands of individual Marines, it is their collective efforts, their ability to work together as a team, that has made them the most successful fighting force in history.

Like a championship wrestling team, they depend upon their fellow Marines; they understand failure is never an option and that letting down their brother or sister is purely unacceptable. Like wrestlers, they push forward, through the pain, through the misery not only for themselves, but because their fellow Marines' lives depend on their efforts. Like wrestlers, they share a common bond no outsider will ever truly understand and they revel in the thought of hard corps training others believe to be too much.

Thus, it is no surprise wrestlers make great Marines. Some wrestlers even go on to compete for the Marine Corps as members of the All-Marine Wrestling Team. They compete at the national and international levels in Freestyle and Greco Roman, with many going on to great success. For the first time, the members of that team will offer a five-day Intensive Freestyle and Greco Roman Team Camp to support local high school teams.

The intent of this Camp will be to not only improve your wrestlers individual skill set but to improve your teams ability to work together towards a common goal. Interested?



PARTICIPATION BENEFITS

- Don't have \$600 to \$1000 to pay out for a week-long camp, but you'd love to have your wrestlers attend one? Well, here's your chance. The All-Marine Intensive Camp will be relatively free, with wrestlers paying only for meals (roughly \$90).
- Do you have a wrestler on your team who competed at the Cadet or Junior National Tournament in Freestyle or Greco-Roman and is looking for a competitive edge? This camp takes place the following week and will focus on both styles.
- One-on-one instruction from a staff with collegiate and international experience in Folkstyle, Freestyle and Greco Roman Wrestling
- Coaches may attend with their wrestlers. This will allow you to observe the training firsthand and possibly learn new skill sets and/or training methods to use with your entire team in the future.
- Each high school will be afforded the opportunity to send five wrestlers. Your five will be paired with three other schools' wrestlers and will operate as a 20-man team throughout the Camp. Each team will be headed by a member of the All-Marine Wrestling Team.
- Training will focus not only on wrestling, but athletic and military-type competitions and strength training which force your wrestlers to work together in order to succeed. This concept will not only improve your wrestlers' individual skills and confidence, but also their ability to work as a team; a characteristic that will benefit your entire team during the upcoming season(s).
- Every wrestler knows summer wrestling makes winter champions!



MARINES
THE FEW. THE PROUD.

CAMP STAFF



Maj. Dan Hicks
Head Coach
All-Marine Wrestling

Wrestling Accolades:

3 x Oklahoma State Champion
3 x EIWA Wrestling Conference Champion, 4 x Finalist
4 x NCAA Division I Wrestling Championships Qualifier
NCAA Division I All-American at Heavyweight (5th)
2 x University Nationals Champion (Freestyle)

5 x Member US National Greco Roman Team
1998 Greco Roman World Team Trials Runner-Up
3 x Top 3 Finisher at US Senior Nationals (Greco Roman)
1996 Greco Roman World Cup Bronze Medalist
3 x All-Armed Forces Champion (Freestyle)
5 x All-Armed Forces Champion (Greco Roman)

Coaching Accolades:

2010 US Greco Roman World Team Coach
2007 Coach of United States' Pan American Games Team

Marine Corps Service:

1996-00: Officer-in-Charge (OIC), Pay Section, MCB Quantico, VA
1996-00: Member, All-Marine Wrestling Team, MCB Camp Lejeune, NC
2000-03: Budget Officer, II Marine Expeditionary Force, Okinawa, Japan
2002-04: Member, All-Marine Wrestling Team, MCB Camp Lejeune, NC
2004-Pres: Coach, All-Marine Wrestling Team, MCB Camp Lejeune, NC
* Operation Enduring Freedom Veteran



Sgt. Robert Kennedy
All-Marine Strength,
Conditioning Coach

Marine Corps Service:

2006-08: Team Leader, 2nd Battalion, 6th Marines
2008-09: Squad Leader, Bn Landing Team 2/6, 26th MEU
2009-Pres: Strength Coach, All-Marine Wrestling Team
* Operation Iraqi Freedom veteran

Certifications:

Crossfit Kettlebell
Russian Kettlebell
Underground Strength Coach



Lance Cpl. Ian Moser
All-Marine Wrestling
55kg / 121 lbs

Marine Corps Service:

2011: USMC Communications-Electronics School
2011-Pres: Member, All-Marine Wrestling Team

Wrestling Accolades:

3 x Delaware State Champion
Dapper Dan Wrestling Classic Champion
3 x Junior Nationals All-American (Freestyle)
2 x Junior National All-American (Greco Roman)
Competed 2 seasons at Bloomsburg University (Div I)
ranked top 20 at 125 pounds



Sgt. Donovan Depatto
All-Marine Wrestling
60kg / 132 lbs

Marine Corps Service:

2002-05: Heavy Equipment Operator, 2nd Force Service Support Group, MCB Camp Lejeune, NC
2005-Pres: Member, All-Marine Wrestling Team,
* Operation Iraqi Freedom veteran

Wrestling Accolades:

4 x Minnesota State HS Medalist (3rd, 4th, 4th, 2nd)
4 x US Nationals Greco-Roman All-American
Armed Forces Greco Roman Champion (2010)
Member, 2 US World Military Greco Roman Teams
5th, 2010 World Military Games (Greco Roman)
2011 World Team Trials Qualifier
5 x Member, All-Marine Wrestling Team



1st Lt. John Cox
All-Marine Wrestling
66 kg / 145.5 lbs

Marine Corps Service:

2008-09: HQ Battalion, 2nd Marine Division
2009-10: 6th Marine Regiment, 2nd Marine Division
2010-Pres: Member, All-Marine Wrestling Team
* Operation Enduring Freedom veteran

Wrestling Accolades:

4 x Medalist, Michigan State HS (5th, 5th, 3rd, 1st)
152-pound, Michigan State Champion, Record of 52-1
3 x NCAA Div I Wrestling Championships Qualifier
4 x EIWA Wrestling Conference Place Winner
Top three on all-time Wins List, U.S. Naval Academy
6th Place, 2011 US Senior Nationals (Greco Roman)
2011 World Team Trials Qualifier (Greco Roman)



Cpl. Daniel SotoNieves
All-Marine Wrestling
66 kg / 145.5 lbs

Marine Corps Service:

2009-10: Landing Support Specialist, Combat Logistics Regiment 27, MCB Camp Lejeune, NC
** Operation Enduring Freedom Veteran*

Wrestling Accolades:

Puerto Rico Junior National Champion (Greco Roman)
Puerto Rico University National Champion (Greco Roman)
Puerto Rico Senior National Champion (Greco Roman)
Member, Puerto Rican World Greco Roman Team
2010 Armed Forces Silver Medalist (Greco Roman)
2010 member of US World Military Greco Roman Team
2010 Northeast Senior Regional Champion (Greco Roman)



1st Lt. Joel Ahern
All-Marine Wrestling
66 kg / 145.5 lbs

Marine Corps Service:

2009-10: Officer-in-Charge (OIC), Pay Section, MCB Camp Lejeune, NC
2010-Pres: Member and OIC, All-Marine Wrestling Team

Wrestling Accolades:

2002 New York State Medalist
4 x Letterman, United States Naval Academy
2 x University Nationals All-American (Freestyle)
2008 University Nationals Runner-up (Freestyle)
2008 University World Teams Trials Qualifier (Freestyle)
2010 Senior Nationals All-American (Greco Roman)
2010 Armed Forces Silver Medalist (Freestyle)



Sgt. Steven Forrest
All-Marine Wrestling
74 kg / 162.8 lbs

Marine Corps Service:

2003-06: Machine Gunner & Section Leader, Weapons Company, 3rd Battalion, 2nd Marines
2006-Pres: Member, All-Marine Wrestling Team

Wrestling Accolades:

4 x Vermont State Finalist
3 x Vermont State Champion
2 x New England Champion
2 x Armed Forces Silver Medalist (Freestyle)
2009 Armed Forces Gold Medalist (Greco Roman)
2010 Armed Forces Silver Medalist (Greco Roman)
2010 member of US National Greco Roman Team
2010 World Team Trials Runner-Up (Greco Roman)
Currently holds the #2 US Ranking for Greco Roman



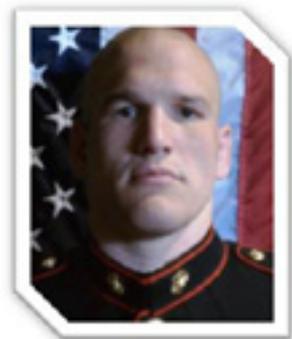
Sgt. CJ Myers
All-Marine Wrestling
84 kg / 184.8 lbs

Marine Corps Service:

2007-08: 8th Comm Battalion, MCB Camp Lejeune, NC
2007-08: Member, All-Marine Wrestling Team
2009-09: Mojave Viper Support Det, MCB 29 Palms, CA
2009-Pres: Member, All-Marine Wrestling Team

Wrestling Accolades:

4 x Michigan State Qualifier
2 x Michigan State Champion
5 x University Nationals All-American (Greco Roman)
2 x Senior Nationals All-American (Greco Roman)



Cpl. Donald Simmons
All-Marine Wrestling
84 kg / 184.8 lbs

Marine Corps Service:

2007-10: MP Det., HQ Battalion, 2nd Marine Division
2010-Pres: Member, All-Marine Wrestling Team, MCB Camp Lejeune, NC
* Operation Iraqi Freedom Veteran

Wrestling Accolades:

2005 Pennsylvania State Medalist (3rd)
2 x US Nationals All-American (Greco Roman)
2010 World Team Trials Qualifier



Sgt. Moises Hernandez
All-Marine Wrestling
96 kg / 211.2 lbs

Marine Corps Service:

2005-07: Ammunition Technician, 3rd Marine Logistics Group, Camp Schwab, Okinawa, Japan
2007-08: Ammunition Technician, Tactical Exercise Control Group, MCB 29 Palms, CA
2008-Pres: Member, All-Marine Wrestling Team

Wrestling Accolades:

University Nationals All-American (Greco Roman)
3 x Armed Forces Silver Medalist (Greco Roman)
Gold Medalist, Sombo US National Championships
Bronze Medalist, Sombo World Championships
2010 World Team Trials Qualifier

CAMP SCHEDULE

- 25 July Coaches Clinic, Location TBD (8 am – 12 pm)
Wrestler Check-in, Camp Ripley, MN (4pm – 6pm)
- 26-27 July Freestyle Training
- 28-29 July Greco Roman Training
- 30 July Awards Ceremony and Breakfast

Sample Training Day Schedule

0500	Reveille (Wake up)
0530-0730	Strength and Cardio Training Session
0745-0815	Shower/Hygiene Time
0815-0845	Breakfast
0900-1100	Technique Practice
1115-1200	Shower/Hygiene Time
1215-1245	Lunch
1300-1500	Live Wrestling Practice
1530-1730	Physical Training / Competition
1800-1845	Shower
1900-2000	Q&A with All-Marine Wrestlers
2000-2200	Free time
2200	Lights Out

* The Coaches Clinic will be open to any high school coach (or other age groups) regardless of whether they have an athlete involved with the Camp. Guest Speakers will include wrestlers and coaches from the high school, collegiate and international ranks and will focus on a variety of subjects related to the sport of wrestling. The clinic portion of the camp will take place in the St. Paul/Minneapolis area. A separate flyer for the Coaches Clinic will be sent out at a later date.



GEAR LIST



Pillow
Headgear
Towel x 2
Shorts x 12
T-Shirts x 12
Sleeping Bag
Sweatshirt x 2
Sweatpants x 2
Wash Cloth x 2
Running Shoes
Underwear x 12
Wrestling Shoes
Stocking Cap x 1
Laundry Net/Bag
Kneepads (if required)
Shower Shoes (flip flops)
\$4 in Quarters for Laundry
Small Box Laundry Detergent
Snack Items (i.e. Power Bars, etc)
Hygiene Items (deoderant, toothbrush, etc)



RSS CONTACT INFORMATION

Bismarck

**240 W. Front Ave #1
Bismarck, ND 58504
(701) 223- 5503**

Bloomington

**10572 France Ave S
Bloomington, MN 5543
(952) 881- 6911**

Buffalo

**606 Crossroads Campus Dr
Buffalo, MN 55313
(763) 682- 5711**

Burnsville

**12629 Nicollet Ave S
Burnsville, MN 55337
(952) 894- 8760**

Coon Rapids

**3067 Coon Rapids Blvd NW
Coon Rapids, MN 55433
(763) 576- 9049**

Duluth

**2218 Mountain Shadow Dr
Duluth, MN 55811
(218) 727- 2159**

Eau Claire

**2106 Eastridge Center
Eau Claire, WI 54701
(715) 832- 0505**

Fargo

**1102 43rd St Suite A
Fargo, ND 58103
(701) 277- 8403**

Mankato

**1850 Adams St Suite 500- 3
Mankato, MN 56001
(507) 387- 3094**

Rochester

**1117 6th St NW
Rochester, MN 55901
(507) 536- 2827**

Roseville

**1649 W Co Rd B-2
Roseville, MN 55113
(651) 636- 1552**

Sioux Falls

**5019 S Louise Ave Suite #D
Sioux Falls, SD 57108
(605) 361- 2584**

St. Cloud

**2719 W Division St #116
St. Cloud, MN 56301
(320) 251- 3103**

Woodbury

**803 Bielenberg Dr Suite 103
Woodbury, MN 55125
(651) 730- 1676**

FREQUENTLY ASKED QUESTIONS

(1) Who is the Camp open too and how do I register?

A: 32 High School teams from Marine Corps Recruiting Station Twin Cities' area of operation will receive invitations to the Camp. The RS TWC area includes North and South Dakota, Minnesota and western Wisconsin. Invitations will be presented by members of their local Recruiting Substation (RSS); see page 10 of pamphlet for contact information. The first 32 teams to RSVP will each receive 5 slots for the Camp. Coaches will submit those names to their respective RSS.

(2) Where will the Camp take place?

A: It will take place at Camp Ripley, which is a National Guard Base in the Saint Cloud area. The address is 15000 Hwy 115, Little Falls, MN.

(3) How much will the Camp cost?

A: The Marine Corps cannot provide food for non-DOD personnel; thus, campers will be required to pay for their meals. Camp Ripley has a chow hall; the cost for dinner on the 25th and all three meals from the 26th through 29th will be \$91.94. Wrestlers will be required to pay that total during check-in on the first day of the Camp. Additionally, wrestlers should bring another \$10 for breakfast at Perkins on Saturday morning, the 30th.

(4) Is this a ploy to get my son/daughter to join the Marine Corps and will they be required to sign anything?

A: No. This is a legitimate wrestling camp and no one will be pressured to join the Marine Corps. The only item they will sign is a Hold Harmless Agreement. Members of Recruiting Station Twin Cities will be present, along with the All-Marine Wrestling Team, but only those with a wrestling background who can assist with the Camp. High School coaches are invited and recommended to attend, for this reason



FREQUENTLY ASKED QUESTIONS

(5) What about transportation?

A: Coaches will be required to transport their athletes to the local Recruiting Substation (RSS) on the 25th. See last page for RSS locations. The Marine Corps will provide transportation from there to Camp Ripley as well as return transportation to the RSS on the 30th. Return transportation from the RSS to the wrestlers home will be the responsibility of his/her coach. Coaches may choose to ride with their athletes [and the Marine Corps] or they may drive their own vehicles. If driving a personal vehicle to Camp Ripley, coaches will be required to provide their vehicle and personal information to the respective RSS SNCOIC by no later than noon on 21 July. This will allow the RSS SNCOIC to make arrangements with the Camp Ripley Security personnel prior to your arrival. Failure to do so will result in your vehicle being turned away at the gate. Wrestlers are not allowed to drive themselves to Camp Ripley, nor are they allowed to have visitors during the camp.

(6) What about liability and medical coverage?

A: All wrestlers will sign a Hold Harmless Agreement prior to participating. Forms will be provided to each respective high school coach and will be collected prior to commencement of the Camp. The Marine Corps will not provide medical coverage for any athlete injured during the Camp; thus, it is recommended athletes have individual coverage. Any serious injuries will be taken to the hospital in Little Falls, MN and whenever possible, parents will be notified before treatment is performed. The Marine Corps will have medical personnel on hand throughout training; however, these individuals will only be able to treat minor injuries and/or diagnose larger issues.



FREQUENTLY ASKED QUESTIONS

(7) What if my son/daughter has food allergies? Will there be special consideration for his/her meals?

A: The military does not allow individuals with serious food [or other] allergies to enter its ranks. For that reason, chow halls do not cater to special dietary needs; consequently, individuals with serious allergies should not attend this camp. Personnel with minor food intolerances who can easily shy away from certain foods will be fine, but individuals who carry an EPI-Pen or take medication for allergies should not attend.

(8) What if my son/daughter is on medication. Will there be medical personnel present to ensure they take it?

A: No. There will be medical personnel present but the Marine Corps cannot be responsible for your child's medication needs. If they cannot be trusted to handle their own medications, then they should not attend.

(10) What if my son/daughter does not have any Greco Roman or Freestyle experience?

A: Don't worry, we will have a wide range of experience levels at the camp from junior varsity to state champions and wrestlers with no freestyle or Greco Roman experience to Junior National All-Americans. We will train and pair wrestlers according to experience levels.

(9) What should I bring?

A: See Gear List on page 9



