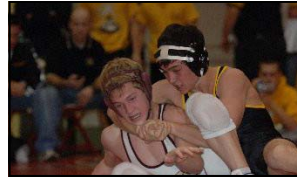




Knight Wrestling Academy Camps Summer Tour 2008

Personalized Wrestling Camps coming to your School or Club Team

Knowledge



Attitude



Work Ethic



Mission

The Knight Wrestling Academy will be presenting customized team camps for interested schools and wrestling clubs. My primary goal in establishing the Knight Wrestling Academy Camps is to provide a positive environment where young wrestlers can learn what it takes to be a champion, both on and off the mat. I want to increase wrestling knowledge, continue the growth of wrestling, and give something back to the sport that has given me so much.

Through my successful experiences, both as a wrestler and a coach, I feel I have valuable knowledge in which to share. I truly enjoy working with those wrestlers who have made a commitment to our sport, and are willing to do whatever it takes to accomplish their goals. This is the type of wrestler that I want to work with through the Knight Wrestling Academy Camps. I want young wrestlers that are committed to becoming champions, regardless of their experience. I want wrestlers who are looking to get that edge on the competition. The idea of the camp is to teach a specific style of wrestling and to improve the wrestlers, coaches, and teams who attend. KWA Camps will provide the environment to take you to the next level. All the different skills and techniques taught will be drilled repetitively, so you can learn them, remember them, and be able to perform them in live matches. Through gaining the KNOWLEDGE of the proper technique that has proven successful at the highest levels of competition, acquiring the proper WORK ETHIC of a champion, and maintaining a positive ATTITUDE, with KWA Camps, success will be inevitable.

Setup

I will travel to the location of the camp rather than have the wrestlers come to me. This provides many benefits to you and your coaching staff as well as your wrestlers. You no longer have to arrange and/or pay the costs of traveling to and from the wrestling camp. By staying at home you will also be saving the major expense at summer camp, room and board. Parents and/or wrestlers are also saving the extra spending money that is sent with every wrestler to camp. Coaches, depending on how you set up the individual sessions it can provide everyone with a portion of that week's summer vacation back. Coaches can also attempt to work around wrestlers busy summer schedules of work and play to get the maximum participation and benefit towards next year's wrestling season. All of these expenses add up, and KWA Camps is a solution to save you and your team both time and money while maintaining a wrestling camp of the highest quality. By coming to your school it will allow you as a coach to have more of your wrestlers attend which is the goal of every coach when deciding on a summer wrestling camp. The only thing KWA Camps needs to be provided is a facility from which to work (i.e. wrestling room). The camp will run over a consecutive three or four day period, with eight sessions, approximately 2 hours each. For a three day camp there would be three sessions on the first two days and two sessions on the third day. For a four day camp there would be two, two hour sessions daily.

Cost

The cost will be \$115 per wrestler. This becomes one of the most affordable camps around when you break down the cost of instruction per hour (\$7.19 per hour of instruction). In addition to the instruction, each wrestler will receive a free camp t-shirt. I am asking to be guaranteed a minimum of 15 wrestlers before finalizing camp dates.

Wrestlers

You may come up with the 15 wrestlers in any way you see fit. In coming up with this idea, I thought it would be a good way to teach an entire team and coaching staff some of the things that have made me successful as both a wrestler and a coach. In the format I am offering, I am trying to allow a coach to use this as a team camp without the expense or travel requirements of most wrestling camps.

You are welcome to pair up with other area schools to reach the minimum of 15 wrestlers. I do however think this camp will be very beneficial to whole teams or clubs because I am serious about teaching all aspects of wrestling and having entire programs benefit. Having coaches present and involved is extremely important.

Schedule

I will have time this summer to conduct six to seven custom team camps. I will start in June and finish in early August. If you are interested in holding a camp in your area, please contact me as soon as possible as I feel the slots will fill quickly. Unlike the typical wrestling camp, I want to keep the number of participants fairly small in order to work with the wrestlers on an individual basis. Too many times coaches and wrestlers go to camp and don't have the input as to what technique is shown. You come home after camp with some of the same questions to problem areas that you left with. Below I have listed ten different areas of technique. **You will customize your Knight Wrestling Academy Camp to fit your team's needs.** When I leave camp I want you and your team to have all your questions answered. With eight sessions, I can cover everything listed below, just not in great detail. The fewer areas you select, the more detailed I am able to get. The ability level of your wrestlers should assist you in making this decision. **The choices are yours. You choose the time of the daily sessions, the dates of the camp, the areas of technique that are covered, and in how much detail. All of this without leaving your hometown and at about a third of the costs of other summer wrestling camps.**

Technique Areas of Concentration

- | | |
|--|---|
| <input type="checkbox"/> Feet - Basic Skills - Stance, Strategies, Drills, etc. | <input type="checkbox"/> Feet - Leg Attacks |
| <input type="checkbox"/> Feet - Front Head Locks, Russian Ties, Underhooks, Ducks, and Drags | <input type="checkbox"/> Feet - Set-ups to Shots |
| <input type="checkbox"/> Feet - Defense to Shots, to Russians, to Front Head Locks, Underhooks, etc. | <input type="checkbox"/> Escapes and Reversals |
| <input type="checkbox"/> Riding, Breakdowns, and Turns on Top | <input type="checkbox"/> Leg Riding - Offensive and Defensive |
| <input type="checkbox"/> Upper Body Positioning and Throws - Offensive and Defensive | <input type="checkbox"/> Freestyle and Greco Roman Technique |



Coach Knight

Wrestling / Coaching Accomplishments

Iowa Wrestling Hall of Fame Member—'06
Iowa State Wrestling Tournament Grand March Escort - '87, '06
MAC Conference Wrestling Coach of the Year - '02, '03
Southeast District Wrestling Coach of the Year - '02
International Wrestling Institute Glen Brand Hall of Fame - '02
Iowa High School Association Hall of Fame Member -'97

College

Member of the Iowa State Wrestling Team -'88,'89,'90,'91
NCAA National Wrestling Championships - 4th, '90
Sr. U.S. Open Freestyle Nationals - 4th, '90
NCAA Wrestling All-American - '90
NCAA Wrestling Academic All-American - '90
Big Eight Wrestling Championships - 3rd '89, 2nd '90
2 time Big Eight Wrestling Academic All-American - '89,'90
NCAA All-American European Tour - '90
Espoir World Cup Team Member - Athens, Greece (USA, 2nd -'88)
Espoir (20-under) Greco National Champion - '88

Coaching History

Head Coach - Bettendorf High School, Bettendorf, IA - '06 - current
Head Coach - Clinton High School, Clinton, IA - '00 - '05
Head Coach - NAIA All-American European Tour - Summer '01
Head Coach - Mount St. Clare College, Clinton, IA - '97-'00
Head Coach - Sycamore High School, Sycamore, IL - '95-'97
Head Coach - Comm. High School, West Chicago, IL - '94-'95

High School

4 time Iowa State High School Wrestling Champion
Undeclared High School Career (128-0)
Asics Tiger High School Wrestler of the Year - '87
Asics Tiger High School All-American 1st Team - '86, '87
2 time Junior (18-under) Greco National Champion - '84,'86
Junior (18-under) Freestyle National Champion - '86
US Olympic Sports Festival Team Member -Houston, TX (Gold Medalist '86)
Espoir (20-under) Greco National Champion - '85
Jr. World Team Member-Washington D.C. (World Championships, 6th -'84)
School Boy (16-under) World Team Member - '81

To receive more information contact Dan Knight at:

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