

CAMP FEATURES

THE HOWELL SYSTEM

The skills and technique have been fine-tuned to fit into a system developed by the camp directors.

FEATURE CLINICIANS

Some of the countries BEST WRESTLERS & COACHES have been brought in to teach specialties. This ensures that the technique taught is on the cutting edge.

CAMP COMPETITION

Campers will be put on teams and will wrestle against other campers in matches and team competitions.

There is a team champion and individual champion for matches, tournaments and competitions.

CAMP NOTES

Campers can follow the technique and take it home with them after camp is over.

HOWELL SYSTEM VIDEO

This is the only camp in the country that gives you one of three videos at the end of camp.

INDIVIDUAL REPORT CARD

Each wrestler gets a report card that details strengths and weaknesses with a *personalized improvement plan*.

CAMP PHILOSOPHY

Wrestling is an individual sport. There are basic moves and skills that all wrestlers must master. Beyond that a coach and wrestler's responsibility is to find their strengths and weaknesses and develop a system around them. Once the basics are mastered a wrestler should develop advanced moves that accomplish his style. The HOWELL SYSTEM has a unique philosophy. We want each wrestler to find his strength and develop that base. We also want our wrestler to finish camp with a framework for improvement. We work with each wrestler to choose his strength and develop his style. It is our goal that each wrestler at our camp becomes successful. Therefore, we give all wrestlers the tools to continue to develop beyond the week of camp.

HOWELL SYSTEM

Wrestling Camp

July 8-12, 2012
Smyrna Middle School
700 Duck Creek Pkwy
Smyrna, DE 19977



Featured Clinician

1996 NCAA Champion
3x NCAA All-American
3x Junior National Champion

SHELDON THOMAS

(Participant) a minor, ask that he/she be admitted to participate in the sports camp sponsored by the Howell System Wrestling Camp. I do hereby agree to release, discharge and hold harmless the Howell System Wrestling Camp, its owners, agents and employees of and from all causes, liabilities, damages, claims or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the sports camp or in the course of competition &/or activities held in connection with the sport camp.

LIABILITY RELEASE

I, the undersigned, individually and as a parent/guardian of _____

Signed _____

Relationship _____

Date _____

Healthcare Provider _____

ID# _____

(Please check which camp you will be attending)

Technique Camp

Freestyle & Greco-Roman

Resident (w/host family) \$250

Resident (w/host) \$250

Commuter \$200

Commuter \$200

Check here, if you live near or in Smyrna and would like to host a resident camper. If you do get paired with a resident camper, your commuter rate will be \$150.

THE HOWELL SYSTEM WRESTLING CAMP

Return this form and fee payable to:
Dicky Howell 268 Cambridge Road Camden, DE 19934

NAME _____ AGE _____ WEIGHT _____
COACH _____ SCHOOL _____ GRADE _____
ADDRESS _____ PHONE _____
CITY _____ STATE _____ ZIP _____ TSHIRT SIZE _____
YRS EXPERIENCE _____ WRESTLING ACCOMPLISHMENTS _____

CAMP INFORMATION

Location: Smyrna Middle School
700 Duck Creek Pkwy
Smyrna, DE 19977

Cost: Commuter \$200
Resident \$250 (Includes stay w/Host Family)
Commuter \$150 (Host family)

Registration: Sunday, July 8th 8 am-9am
Daily Drop Off: 8:30 am-9 am
Daily Pickup: 4 pm-4:30 pm

**** LUNCH WILL BE PROVIDED ****

Special Rate: A \$10 discount will be given to all campers enrolled before May 1st. To inquire about family & team discounts, contact a Camp Director.

Payment: A non-refundable deposit (1/2 of the total amount due) is required to reserve your space.

CAMP DIRECTORS

Dicky Howell (302) 423-9623
Kurt Howell (302) 745-7437
Brad Howell (443) 253-3430

CAMP OPTIONS

TECHNIQUE CAMP : For ages 6 through High School. Campers will be divided into groups based on weight and ability. Team competitions and dual meets are featured in this camp. Individual camp champions will be awarded and the team competition will also have a team champion.

FREESTYLE GRECO-ROMAN: The emphasis for this camp will be on training and preparing National Team Members to compete in the Junior and Cadet Nationals. This will be an intensive training camp. Those who are not National Team Members who want an intensive training camp are also invited.

CAMP DIRECTORS

Kurt Howell

1992 Olympic Alternate
NCAA All-American
1991 University National Champion

Dicky Howell

2nd Jr. Greco World Championships
8x Delaware State Coach of the Year

Brad Howell

University Greco All-American
Head Coach Oakland Mills HS

FEATURED CLINICIANS

Sheldon Thomas

1996 NCAA Champion
3x Junior National Champion

Earl Walker

NCAA All American
2x Delaware State Champion
Delaware Wrestling Hall of Fame

Isaac Ramaswamy

7x National Team Member
3x World Team Member
Open National Greco Champion

Dan Rigby

Milford HS Coach

Chris Diaz

NCAA All-American
2x Delaware State Champion

Matt Cathell

3x Delaware State Champion
2x NCAA Qualifier