



**2008**

**Arizona \* Colorado**



[www.sunkistkids.org](http://www.sunkistkids.org)

## Staff



### Thom Ortiz

ASU head Coach  
3x Pac 10 Coach of the Year  
Member NCAA National Champions



### Eric Larkin

4x All-American  
NCAA National Champion  
Dan Hodge Trophy Winner



### Melvin Douglas

2x Olympian, Freestyle  
World Champion  
9x National Champion



### Ben Zwaschka

Academy Coach  
Elite Team Member, SKWC  
All American



### James Johnson

3x National Champion  
World Team member  
SKWC Greco Coach



### Brian Stith

NCAA Finalist  
2x All American

## Sample Schedule

### Technique & Conditioning

6:30am	Wake Up
7:00am-8:00am	Breakfast
9:00am-Noon	Session 1 & Duals
12:30pm-1:30pm	Lunch
1:30pm-4:30pm	Session 2 & Duals
5:00pm-6:00pm	Dinner
7:30pm-9:00pm	Activity (Residents Only)
	- Drills - Soccer - Swimming - Movie - Running
10:30pm	Lights Out

\* Activities subject to change

# What We Offer!

**Solid Technique**

**Proven Technique**

**Mental Toughness**

**Nutrition . . . Understand your Body**

**Skills & Drills**

**Live Wrestling**

**Mini Tournaments or Duals**

**Fun Activities**

*All Camps for athletes ages 8-18 years old*

## Types of Camps

### Technique & Conditioning Camp - Thom Ortiz

**Tempe, AZ** June 6-10 or 17-21 or 21-25 or July 12-16 or 16-20

**Tucson, AZ** May 27-30 (Commuter Camp Only)

This camp is designed for wrestlers in training. It includes overview of technique, conditioning, drilling and live wrestling. A mini-tournament will be held for the athletes to show off their skills. Athletes will also learn about the mental aspects of wrestling and proper nutrition. If your wrestler is planning on residing at the camp, evenings are filled with movie night, soccer (for foot speed) and swimming. We recommend Women register for the July 12-16 camp.

**Flagstaff, AZ** June 27-30 (Team & Commuter Camp Only)

### Intensive Camp - Thom Ortiz

**Tempe, AZ** June 17-25 or July 12-20

This camp is designed for the avid wrestler in training. Very similar to the 5-Day Camps; it includes technique, conditioning, drilling and live wrestling. A mini-tournament will be held for the athletes to show off their skills. For the second 5-Day session the wrestlers will learn more advanced technique. They will also learn about the mental aspects of wrestling and proper nutrition. If your wrestler is planning on residing at the camp, evenings are filled with movie night, soccer (for foot speed) and swimming to name a few.

### AZ/CO Regional Training Camp - Thom Ortiz

**Mancos, CO** June 2-6

This is a unique camp. Located on camp grounds surrounded by lakes & pine forests. Campers live in log cabins and experience the true meaning of camp. They will go fishing, hiking, play basketball & volleyball and swim in the camp's pool! Wrestling technique, conditioning & mini tournaments will prepare the athletes for the upcoming Regional Tournament. June 4-6 Cadet & Junior teams will be onsite preparing for a local tournament!



P.O. Box 12520  
Scottsdale, AZ 85267  
7332 E. Butherus Dr.  
Scottsdale, AZ 85260

Phone: 480-205-3015  
Fax: 480-483-2868

## Sign Up Form *Limited Space Available*

Sign up for: Fax or Mail to Sunkist Kids	RESIDENT RATE	COMMUTER RATE
May 27-30 Tucson		<input type="checkbox"/> \$225
June 2-6 Mancos	<input type="checkbox"/> \$350	<input type="checkbox"/> \$225
June 6-10 Tempe	<input type="checkbox"/> \$350	<input type="checkbox"/> \$225
June 17-21 Tempe	<input type="checkbox"/> \$350	<input type="checkbox"/> \$225
June 21-25 Tempe	<input type="checkbox"/> \$350	<input type="checkbox"/> \$225
June 17-25 Intensive	<input type="checkbox"/> \$550	<input type="checkbox"/> \$325
July 12-16 Tempe	<input type="checkbox"/> \$350	<input type="checkbox"/> \$225
July 16-20 Tempe	<input type="checkbox"/> \$350	<input type="checkbox"/> \$225
July 12-20 Intensive	<input type="checkbox"/> \$550	<input type="checkbox"/> \$325
June 27-30 Flagstaff		<input type="checkbox"/> \$225 <input type="checkbox"/> \$500/team

Subtotal 1 \_\_\_\_\_

☐ I would like to pay the Non-Refundable Deposit Only \$100

☐ I would like to pay the Total Amount (Subtotal 1 minus discount, if applicable ) \_\_\_\_\_

Child's Name \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_

Child's Weight & Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_

Phone \_\_\_\_\_

Credit Card # \_\_\_\_\_ Credit Card Type \_\_\_\_\_

Last 3-Digit Code on Back of Credit Card \_\_\_\_\_ Exp. date \_\_\_\_\_

Cardholder's Name (printed) \_\_\_\_\_

Cardholder's Signature & Date \_\_\_\_\_