

## CAMP PHILOSOPHY:

The goal of the E.E. Smith Summer Wrestling Day Camp is to help young men and women master basic skills in wrestling. As well as promote wrestling with in our community and create future district, regional, and state champions. This camp will help guide its participants to become positive teammates, leaders and great wrestlers.

After this camp wrestlers will understand all phases of preparation in becoming a champion.

- Basic skills
- Repetitive drills
- Weight training
- Nutrition
- Goal setting
- Stress control

## CLINICIANS:

Our instructors have proficient knowledge and success in the sport of wrestling. Head Wrestling Coach Marcus Porter has 20 years of experience in Freestyle and Folk Style, wrestling at King University for Nate Moorman.

Camp Instructor Frankie Morgan comes from King University and brings valuable knowledge and skills that will help any young wrestler to become successful. Coach Morgan was a four time national qualifier, gaining All-American status twice and was a National Runner Up at the 197lbs weight class. We are pleased to have him at our camp.

Camp Instructor Billy Edwards comes from New York and wrestled at King University. Billy has 20 plus years wrestling in Free Style, Greco, and Folk Style. Coach Edwards has the background and skill set that will both challenge and help young men and women. He now carries that winning background in his successful MMA career.

Coach Porter's staff is one that promotes positivity, encouragement, and success. Each coach brings a pedigree of winning and focus that will ensure growth, good health, and a winning mentality.

*As we say here at E.E. Smith,  
"GOLDEN BULLS WRESTLE ON"*

## COACHING STAFF



**Marcus Porter**

Wrestled at King University  
*NCAA DIVISION II*

*Wrestled Freestyle Competition*

E.E. SMITH HEAD WRESTLING COACH

Email: [marcusporter@ccs.k12.nc.us](mailto:marcusporter@ccs.k12.nc.us)

Phone: 1-910-483-0153



**Frankie Morgan**

Wrestled at King University  
*NCAA DIVISION II*

*National Runner Up at 197lbs, 2x All American,*

*Regional Champion*

*Tennessee State Champion*



**Billy Edwards**

Wrestled at King University  
*NCAA DIVISION II*

*20 years' experience wrestling all levels*

*Fights MMA at Welterweight*

**Jonathan Nunn**

Technique and Strength/Conditioning  
Assistant Wrestling Coach at E.E. Smith

## E.E. SMITH WRESTLING SUMMER DAY CAMP

### Summer 2014

For Ages K—12<sup>th</sup> Grade

June 16 – June 18  
10:00 a.m. – 2:00 p.m.



**E.E. Smith High  
School  
Gym and Wrestling  
Room**

**1800 Seabrook Rd.  
Fayetteville, NC 28301**

## Important Information

### Day Camp Schedule:

#### ***Monday (June 16<sup>th</sup>, 2014)***

8:00-9:30AM Registration

10:00-10:30AM Expectations and  
Philosophy

10:30-11:45AM Instruction/Technique

11:50-12:25PM Lunch

12:30-1:25PM Top/Bottom Instruction

1:30-2:00PM Conditioning/Positive  
Quote

#### ***Tuesday (June 17<sup>th</sup>, 2014)***

8:30-9:30AM Registration

9:35-10:00AM Warm-up/Stretch

10:05-11:45AM Instruction/Technique

11:50-12:25PM Lunch

12:30-1:25PM Top/Bottom Instruction

1:30-2:00PM Conditioning/Positive  
Quote

#### ***Wednesday (June 18<sup>th</sup>, 2014)***

8:30-9:30AM Registration

9:35-10:00AM Warm-up/Stretch

10:05-11:45AM Review Neutral

11:50-12:25PM Lunch

12:30-1:00PM Drill

1:05-1:35PM Live

1:40-2:00PM Conditioning/Positive  
Quote

### Technique Level Info:

The E.E. Smith technique camp is designed to accommodate multiple levels of wrestling experience from beginner to the most advanced wrestler.

Wrestlers will be required to tell instructors their level of experience.

#### ***Check One***

\_\_\_ ***Beginner (1<sup>st</sup> year)***

\_\_\_ ***Intermediate (1 to 5 years)***

\_\_\_ ***Advanced (5 years' experience or more)***

### Location and Facilities:

Location will be at E.E. Smith High School in our varsity wrestling room as well our auxiliary gym. Our facilities are among the finest in our region. We provide the space and safety needed to perform all of our drills' safely and effectively. Water and breaks will be provided by our staff during each day of our camp.

#### **Costs/Insurance:**

Costs per camper: \$50

(Cash only)

-Covers food and training

-Lunch will be provided by staff

- Camp Participation Gold Medal

**\*\*Your wrestler must have health insurance on file to participate in this camp, and you must be able to provide a copy proof of health insurance upon registration.\*\***

### Registration Info:

***This will need to be turned in on the morning of Monday June 13<sup>th</sup>, 2014 along with \$50 cash.***

NAME: \_\_\_\_\_

AGE: \_\_\_\_ DOB: \_\_\_\_ - \_\_\_\_ - \_\_\_\_

ANY DISABILITY OR ALLERGIES: \_\_\_\_\_

ASTHMA: YES \_\_\_\_ NO \_\_\_\_

(If yes)

NEEDS INHALER: YES \_\_\_\_ NO \_\_\_\_

ADDRESS: \_\_\_\_\_

#### **EMERGENCY CONTACT**

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

**HEALTH CARE PROVIDER:**

\_\_\_\_\_  
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