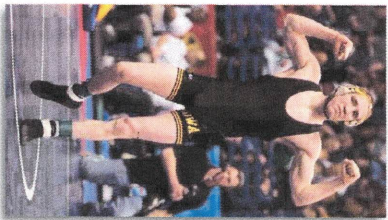


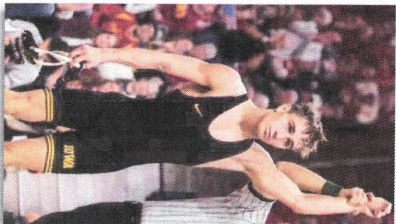
# 2022 OSOS SUMMER WRESTLING CAMP

## July 25<sup>th</sup>-July 28<sup>th</sup>

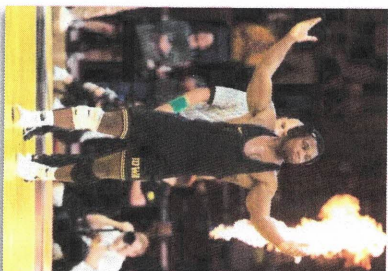
**Matt  
McDonough**



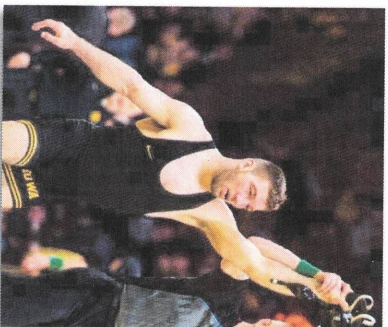
**Drake  
Ayala**



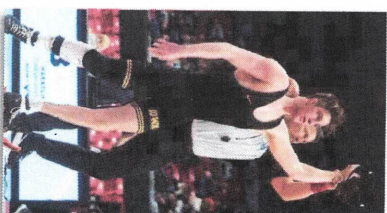
**Gabe  
Arnold**



**Jared  
Franek**



**Caleb  
Ratjen**



2x NCAA CHAMP  
3X NCAA FINALIST  
3X ALL-AMERICAN  
2X BIG 10 CHAMP  
U OF IOWA

NCAA FINALIST  
NCAA ALL-AMERICAN  
3X Iowa State Champ  
3x Fargo National Champ  
U OF IOWA

2x National Prep Champ  
Iowa State Champ  
2023 US Open Champ  
Freshman for U OF IOWA

2x NCAA All-American  
5x NCAA Qualifier  
Big 12 Champion  
4x ND State Champion  
U OF IOWA

2024 NCAA Qualifier  
2024 5<sup>th</sup> Big Ten Place  
2x Fargo Finalist  
2x Iowa State Champion  
U of IOWA

### Tentative Camp Schedule (4<sup>th</sup>-12<sup>th</sup> grade)

July 25<sup>th</sup> : Check-in (4pm-5pm) Billings West High

Day 1 (July 25<sup>th</sup>) 5pm-7pm- Technique/Live wrestling

Day 2 (July 26<sup>th</sup>) 9am-11:30am- Technique/Live wrestling  
11:30am-1:00pm- Lunch on their own  
1:00pm-3:30pm- Technique/Live wrestling

Day 3 (July 27<sup>th</sup>) 9am-11:30am- Technique/Live wrestling  
1:30am-1:00pm- Lunch on their own  
1:00pm-3:30pm- Technique/Live wrestling

Day 4 (July 28<sup>th</sup>) 9am-11:30am- Technique/Live wrestling  
11:30am-1:00pm- Lunch on their own  
1:00pm-3:30pm- Technique/Live wrestling

### Tentative Camp Schedule (K-3<sup>rd</sup> grade)

July 26<sup>th</sup>: Check-in (9:30am-10:30am) at Billings West

Day 1 (July 26<sup>th</sup>) 10:30am-11:30am Tech/Live  
2:00pm-3:00pm Tech/Live

Day 2 (July 27<sup>th</sup>) 10:30am-11:30am Tech/Live  
2:00pm-3:00pm Tech/Live

Day 3 (July 28<sup>th</sup>) 10:30am-11:30am Tech/Live  
2:00pm-3:00pm Tech/Live

**Cost:**  
4<sup>th</sup>-12<sup>th</sup> grade camp- \$190, \$220 if housing needed  
K-3<sup>rd</sup> grade camp- \$100

**Location:**  
Billings West High  
2201 St. Johns Ave  
Billings Montana 59102

## Camp Director

**Jeremy Hernandez:** 3x MT State Champ, wrestled at Concordia College, Head Coach West High **Camp counselors:** West High wrestling coaching staff

**Accommodations:** Non-commuting wrestlers will be housed at individual homes in Billings. **Please inform us ASAP if you plan on attending camp so I can arrange housing for your wrestler to stay.** If you would like to host a wrestler please let me know, you will be given \$30 per wrestler you host.

### What to Bring:

Sleeping Bag, pillow, toiletries, workout gear, wrestling shoes, running shoes, spending money.

Tentative Camp Schedule (4 <sup>th</sup> -12 <sup>th</sup> grade)	
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Tentative Camp Schedule (K-3 <sup>rd</sup> grade)	
July 26 <sup>th</sup> :-	Check-in (9:30am-10:30am) at Billings West
Day 1 (July 26 <sup>th</sup> )	10:30am-11:30am <i>Tech/live</i> 2:00pm-3:00pm <i>Tech/Live</i>
Day 2 (July 27 <sup>th</sup> )	10:30am-11:30am <i>Tech/Live</i> 2:00pm-3:00pm <i>Tech/Live</i>
Day 3 (July 28 <sup>st</sup> )	10:30am-11:30am <i>Tech/Live</i> 2:00pm-3:00pm <i>Tech/Live</i>

### Send Checks to:

Jeremy Hernandez  
1648 Touch Stone Street  
Billings, MT 59106

**Camp Cost: \$190 Wrestlers needing host families: \$220**

Make checks payable to **Osos Wrestling Camp** Venmo: **@coachhernando76**

**Questions:** Jeremy Hernandez at 406-794-6584 **Email** at [hernandezj@billingssschools.org](mailto:hernandezj@billingssschools.org)

**Medical Insurance:** Campers are responsible for their own insurance. No one will be admitted to Osos Wrestling Camp without a signed emergency release including an insurance policy number.

Please detach the portion below and send it in with the check made out to **Osos Wrestling Camp**.

**Osos Wrestling Camp: Registration Form** Name: \_\_\_\_\_ Age \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone (\_\_\_\_) \_\_\_\_\_ Emergency Phone (\_\_\_\_) \_\_\_\_\_  
**Insurance Company** \_\_\_\_\_ **Policy Number** \_\_\_\_\_

T-shirt size **Youth:** S M L **Adult:** S M L XL XXL (must be registered by **JULY 1<sup>st</sup>** to be guaranteed a t-shirt)

I hereby waive and release Osos Wrestling Camp from any and all liability, injuries or illness (including **COVID 19**) incurred while in camp. I authorize the said camp to act for me in any medical emergency, according to their best judgment.

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Email** \_\_\_\_\_