

SDSU Wrestling Camp Application Form

All Campers must submit a completed application form. Make checks payable to: SDSU Athletics. Please direct questions to Head Coach Chris Bono at (605) 592-0040 or via email at Christopher.Bono@sdstate.edu. A 7.5% sales tax has been included in camp fee. These camps are open to any and all entrants (limited only by number, age, grade level and/or gender).

Name _____
Address _____
City _____
State _____ Zip _____
Email _____
Phone (____) _____ Age _____

Early Bird Rate! Before May 15= \$25 off

- Team Competition Camp
 Resident: \$400 1-9 / \$365 10-15 / \$345 16+
 Commuter: \$300 1-9 / \$265 10-15 / \$245 16+
 #GetJacked Intensive Camp Girls Camp
 Resident: \$675 Commuter: \$525
 Jr. Jackrabbit Camp: \$200
 Technique & Skills Camp Girls Camp
 Resident: \$400 1-9 / \$365 10-15 / \$345 16+
 Commuter: \$300 1-9 / \$265 10-15 / \$245 16+

High School _____
Grade (Fall '17) _____
T-shirt Size _____
Roommate Request _____

Release Form: In consideration of the acceptance of this application, I, intending to be legally bound for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages which may have been sustained and suffered out of my traveling to, participation in, and returning from camp.

Participants Signature _____
Parent/Guardian Signature _____
Medical Insurance Company _____
Policy # _____

Office use only:
Check # _____ Date Received _____
Amount Paid \$ _____ Amount Due \$ _____
Acknowledge Sent _____

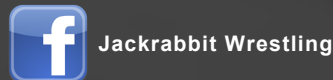
Bono's Resume

Coaching History

1997-01: Assistant Coach: Iowa State
2002-04: Associate Head Coach: Iowa State
2005: Assistant Coach: UT-Chattanooga
2006-09: Head Coach: UT-Chattanooga
2009-10: Assistant Coach: Iowa State
2012-Present: Head Coach: SDSU

Wrestling Experience

1993-97: Iowa State
1996 National Champion
Three-time All-American
Four-time NCAA Qualifier
5th on all-times win list
2001,02, 05: USA Freestyle
World Team Member



2017 South Dakota State Jackrabbit Wrestling Camps

Team Competition Camp
June 11-14

**#GetJacked Intensive
Training Camp**
June 11-17

Jr. Jackrabbit Camp
June 12-16

**Technique and
Drills Camp**
June 14-17

**Girls Camp
Intensive & Technique**
(With dates above)



Head Coach
Chris Bono

#GetJacked

Featuring Girls USA
Wrestling Coach
Terry Steiner

Team Competition Camp

June 11-14 - Grades 7-12

Check-in:.....Sunday, June 11, 6p.m. (no dinner)
Check-out:..... Wednesday, June 14, 11a.m.

Team Competition Camp is designed for team building and dual meet competitions. Each wrestler has the opportunity to wrestle 10-15 matches.

#GetJacked Intensive & Girls Training Camp

June 11-17

Check-in:.....Sunday, June 11, 6p.m. (no dinner)
Check-out:..... Saturday, June 17, 9a.m.
First session will begin at 7p.m.

#GetJacked Intensive Training Camp will test each wrestler mentally and physically and help them reach new heights as a competitor.

Jr. Jackrabbit Commuter Camp

June 12-16

Check-in:.....Monday, June 12, 8a.m.
Check-out:..... Friday, June 16 noon.

Jr. Jackrabbit Commuter Camp focuses on the fundamentals of wrestling to ensure the wrestlers build a strong foundation for future development.

Groups registering 25 or more campers will receive a \$20 discount per camper. Groups must register together to receive discount.

Technique & Drills and Girls Camp

June 14-17

Check-in:..Wednesday, June 14, 6p.m. (no dinner)
Check-out:..... Saturday, June 17, 9:30a.m.
First Session will begin at 7p.m.

Technique and Drills Camp focuses on elite-level technique and skills for every level of wrestling.

All SDSU wrestling campers will receive a camp t-shirt. There will also be a camp store with items for sale.

Camp Rates

Team Competition Camp

1-9 Wrestlers.....Resident:\$400 / Commuter: \$300
10-15 Wrestlers.....Resident: \$365 / Commuter: \$265
16+ Wrestlers.....Resident: \$345 / Commuter: \$245
Teams must send in registration forms together to receive discount

Coaches:

First coach stays free with nine or more wrestlers; second coach pays \$100; third coach pays \$125

#GetJacked Intensive & Girls Training Camp

Resident.....\$675
Commuter.....\$525

Jr. Jackrabbit Commuter Camp.....\$200

Technique & Drills Camp / Girls Camp

1-9 Wrestlers.....Resident:\$400 / Commuter: \$300
10-15 Wrestlers.....Resident: \$365 / Commuter: \$265
16+ Wrestlers.....Resident: \$345 / Commuter: \$245

Camp is open to any and all entrants (limited only by number, age, and grade level.



Registration

Fill out the application form completely or register online at www.chrisbono.com. Read and sign the release and have a parent or guardian sign. Detach the application form and send it along with payment to:

SDSU Athletics

Attn: Chris Bono

2820 Stanley J Marshall Center

Brookings, SD 57007

*Make checks payable to: SDSU Athletics

*Online registration and additional information is available at www.chrisbono.com

Girls Camp

All new Girls Camp this year will be featuring the USA Women's National Team coach Terry Steiner.



Accommodations

Team Competition Campers, #GetJacked Intensive Training Campers and Technique & Drills Campers and Girl Campers will be assigned to a residence hall and roommate. If you have a roommate request, please indicate so on your flyer. Meals will be included in your camp fee. If a camper will require special needs, please notify us via email a minimum of two weeks prior to the camp start date so we can make necessary accommodations. Campers can be picked up at the airport (Sioux Falls Airport) for a \$35 fee.

Coaches, Campers and Parents

I am very excited to bring great wrestling camps back to the Brookings community and South Dakota State University. I assure you that our staff will provide great training and leadership at our Jackrabbit wrestling camps. Our goal is to help young wrestlers take the next step in the progression to becoming not only better wrestlers, but also becoming better individuals. We look forward to having you on campus. #GetJacked

Ch Bono

Camp Clinicians

Chris Bono
Head Coach

South Dakota State

- 1996 NCAA Champion
- 3x All-American
- 4x NCAA Qualifier
- 5th on ISU's win's list
- World Team Member: 2001, 2002, 2005



Jon Reader
Assistant Coach
South Dakota State

- 2011 NCAA Champion
- 3x All-American
- 2011 Big12 Champion
- 2011 Midlands Champion
- University World Team Member: 2012



A.J. Schopp
Assistant Coach
South Dakota State

- 3x All-American
- 4x NCAA Qualifier
- 2015 Manuel Gorriaran Award Winner
- 3x EWL Champ
- 67 Collegiate Pins