

## **COST & REGISTRATION TECH & TRAINING CAMP**

Individual: \$200

Brothers: \$150

Wasatch Wrestling Club Members: \$150

Wasatch Wrestling Club Brothers: \$100

**(Teams of 6 or more get the Wasatch Club discount)**

Late Registration after June 5th: \$250

**Registration and payment will be done  
online @ [trackwrestling.com](http://trackwrestling.com) under :**

Wasatch Wrestling Camp 2019

Online registration will close at midnight on June 6th

Late registration and payment will be done at the door.

**(We need to have the final numbers to order shirts)**

## **YOUTH WRESTLING CAMP**

Individuals: \$50

Brothers: \$40

**Go to: [myschoolfees.com](http://myschoolfees.com)**

**All Wrestlers will get a camp t-shirt.**

**If you have any questions or concerns  
about the camps please contact:**

Wade Discher

[wade.discher@wasatch.edu.com](mailto:wade.discher@wasatch.edu.com)

507-213-9120

**If you have any questions about online  
registration please contact:**

Tyree Christensen

[tyree83@gmail.com](mailto:tyree83@gmail.com)

**PUROPOSE:** This commuter camp is intended for the wrestler who desires to and wants to trained by clinicians that are current college coaches and/or others that were NCAA All-Americans. Wrestlers will have the opportunity to work with these coaches who are always looking for wrestlers that want to wrestle at that next level. They will be teaching basic through advanced skills and techniques and applying those to live drilling and wrestling.

### **DAILY SCHEDULE**

**8:00 - 9:00 AM**

STRENGTH/CONDITIONING (OPTIONAL)

**10:00 - 12:00 A.M.:**

MORNING SESSION

TECHNIQUE/DRILLING/WRESTLING

**12:00 - 1:30 P.M.:**

LUNCH BREAK

LUNCHES WILL BE SOLD AT THE CONCESSIONS

SUPERVISED GAMES DURING LUNCH

**1:30 - 4:00 P.M.**

AFTERNOON SESSION

TECHNIQUE/DRILLING/A LOT OF WRESTLING

## **YOUTH CAMP**

This camp is intended for younger and less experienced wrestlers (Ages 4-8). It will be facilitated by the Wasatch coaching staff and wrestlers. The wrestlers will be learning basic skills & drills in a fun atmosphere that includes competitions, Scrimmages and games. Everyone will get a camp T-shirt.

**Register: [myschoolfees.com](http://myschoolfees.com)**

### **DAILY SCHEDULE.**

**8:00 - 9:30 A.M.:**

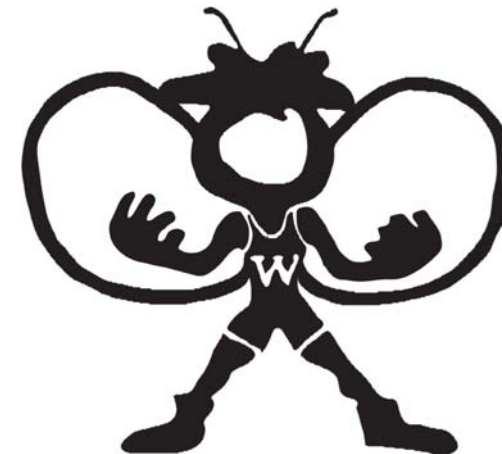
WRESTLING TECHNIQUE, GAMES, AND SCRIMMAGES

# **WASATCH WRESTLING CAMP & COLLEGE COMBINE**

WASATCH HIGH SCHOOL

HEBER, UTAH

JUNE 10<sup>TH</sup>-13<sup>TH</sup> 2019



## **TROY STEINER**

NCAA National Champ & 4X All-American: Iowa

Head Coach: Fresno State

## **ADAM HALL**

2X NCAA All-American: Boise State

Assistant Coach: NC State

## **ETHAN LOFTHOUSE**

2X NCAA All-American: Iowa

Assistant Coach: UVU

## **LUKE LOFTHOUSE**

NCAA All-American: Iowa

Assistant Coach: UVU

## **ANDREW HOCHSTRASSER**

2X NCAA All-American: Boise State

Head Coach: Sons of Atlas

**LEARN FROM THE BEST COLLEGE  
AND CLUB COACHES IN THE  
WESTERN UNITED STATES**

# FEATURED CLINICIANS

## TROY STEINER

### (FRESNO STATE HEAD COACH)

is currently the head coach of the newly reinstated wrestling program at Fresno state. Prior to coming to Fresno, he was the Associate Head Coach at Oregon State for 10 years. He also was an assistant at Iowa, Wisconsin and Minnesota. During his career, Steiner has coached 23 All-Americans, 10 Big Ten champions, six NCAA champions and one junior FILA World Champion.

Steiner was a four-time all-American at Iowa from 1990-93 and a NCAA champion in 1992. He won three Big Ten titles at Iowa, compiling a 148-13 career record at 134 and 142 pounds. He was part of three national and four Big X championship teams. Steiner shares Iowa's school record for best season winning percentage for the 42-0 record season, ranks third in career wins (148) and sixth in season wins (42). In post-collegiate competition, Steiner was a nine-time U.S. National team member, winning the 1992 World Cup and the 1996 Pan-American Games titles. Steiner and his wife Shawn, have two children, Spencer and Abbigail.



### ADAM HALL (NC STATE ASST. COACH)

Adam is currently in his fourth season as the assistant coach at NC State, during that time, the Wolfpack won 2 ACC titles and finished 4<sup>th</sup> at the NCAA Championships in 2018. Adam has been instrumental in the success of Hayden Hidlay who has earned All-American status in his Freshmen and Sophomore years.

Adam was a 2X NCAA All-American, 2X Pac-10 Champion and posted a 122-18 career record during his collegiate career at Boise State. Named the 2010-11 Pac-10 Wrestling Scholar-Athlete of the Year, he posted a 3.52 GPA during his five years at Boise State, graduated Cum Laude and was named to the Dean's List three times.

Prior to coming to NC State he was an assistant coach at Columbia University for four years where he earned a Master of Science in Sports Management degree in 2015.

### ETHEN LOFTHOUSE (UVU ASST. COACH)

Ethen is in his 5th season of coaching at Utah Valley. Lofthouse was not only a two-time NCAA All-American wrestler at the University of Iowa, but also a 4X Utah State Champion during his high school days at Mountain Crest. The Avon, Utah, native went an impressive 192-7 during his high school career, which included an unblemished 47-0 mark during his sophomore campaign. Lofthouse is also a four-time Junior and Cadet All-American. The former

Hawkeye also won two GR National Championships as well as one Junior Freestyle National Championship. He is also a two-time Jr. FILA Freestyle National Champion.

### LUKE LOFTHOUSE (UVU ASST. COACH)

Luke has been coaching at UVU for the past 4 seasons after spending three seasons as the strength and conditioning coach for his alma mater at the University of Iowa. During his collegiate days, Lofthouse was an All-American wrestler for the Hawkeyes where he capped his wrestling career with an All-American finish during his senior season (2011) That year he posted a 25-7 record and a runner-up finish at the Big Ten Championships.

Lofthouse from Mt. Crest HS was a three-time Utah State Champion. He went a combined 161-8 and went undefeated during both his sophomore (41-0) and junior (43-0) seasons. Lofthouse was also a 3X Utah state wrestler of the year, as well as a Wrestling USA Academic AA as a senior. He and his wife, Allison, have a son, Nicholas, and a daughter, Lilly.

### ANDREW HOCHSTRASSER (SONS OF ATLAS WC HEAD COACH)

Andrew was a former two-time All-American He won the Pac-12 Championship individually in both 2009 and 2011, garnering All-America honors each season. He also finished runner-up at the NCAA in 2011. Since graduating from Boise State, he served as an assistant coach while trying to make the US Olympic team. Andrew finished fourth at the US Olympic Trials, captured a pair of Pan American Championships (2nd twice) and finished runner-up at the US Open (2014-15). A Toole native Andrew set many records as he was a 4X Utah State Champion with a 170-8 record and 133 Pins. Andrew and his wife Teighlor reside in Utah County and is the current coach for the Sons of Atlas WC.

### KC ROCK (EMBRY RIDDLE HEAD COACH)

Over his six previous seasons he has guided the Eagles to a program that is consistently ranked among the top-25 in the nation. In the classroom his wrestlers have been recognized nine times with NAIA Scholar-Athlete awards.

Before taking over at Embry-Riddle in 2012 Rock spent six seasons on the staff at UVU where he helped guide Ben Kjar to a 4th-place finish at the NCAA National Championship

Prior to joining the staff at Utah Valley, Rock spent four seasons as an assistant at the University of Wyoming, and two seasons coaching at his alma-mater, Boise State.

While a wrestler at Boise State, Rock was a two-time National Qualifier and Pac-10 outstanding wrestler. Prior to his time at Boise State, Coach Rock was an All-American at Ricks College in Rexburg, Idaho. Despite his efforts, he continues to be a mediocre golfer.

### ART CASTILLO (WESTERN WYO HEAD

**COACH)** Art is in his 10th season as the head coach of at Western Wyoming and 13th year in coaching overall. Castillo has coached four National Champions, 34 All Americans, In his time as a coach, Castillo has been instrumental in leading the Mustangs to two academic National Championships (2005-06, 2009-10). Castillo was voted the 2015 West District Coach of the Year and the 2018 Rocky Mountain District Coach of the Year. In 2018 Castillo led the Mustangs to their first ever District Championship and the best national finish in school history with five All Americans. Education/Sports Management and earned his Master's degree in Coaching and Athletic Administration from Concordia University Irvine.

## WASATCH COACHING STAFF

### WADE DISCHER

Camp Director & Head Coach: Wasatch HS  
9X Team State Champions 6X Runner-up

### GABE VIGIL

Assistant Coach: Wasatch HS & Club  
Former Vandit & West Jordan Wrestling Coach  
3X Utah State Champ: West Jordan HS  
2003 PAC 10 Champ 4X NCAA qualifier at Boise St.

### WAYLYN WARDLE

Assistant Wasatch High School Coach  
Former Vandit Asst. Coach

### KAMERON DAY

Assistant Wasatch High School Coach  
Former Delta High School Coach

### DANNY OCANA

Wasatch Jr. High & Youth Coach

### LANDON BONNER

Wasatch Jr. High & Youth Coach

### WES COWAN

Wasatch Jr. High & Youth Coach

\*We will have a number of other counselors at the camp to help with the individual instruction of the clinicians.

\*Coaches are welcome to jump in and help.

