



Rhino WRESTLING

Rhino Wrestling Is An Official Sponsor of the OHSAA High School Boys and Girls State Wrestling Tournament

Rhino Girls Wrestling Camp June 28th - June 30th

Camp Location Hiram College, 11715 Garfield Rd., Hiram, Ohio 44234



CHRISTY POWELL
HEAD WOMEN'S WRESTLING COACH

Head Woman's Wrestling Coach / Hiram College

2017 ASICS US Open Senior Women's Freestyle World Team Trials, 7th Place
2016 Senior Nationals Women's Freestyle National Champions, 4th Place
2016 Olympic trial qualifier, 2nd place
Olympic Trials Participant 2016
2017 WCWA National Championship, 4th Place
2016 & 2017 WCWA National Championship Academic All-American Award

Dustin Porter coached at Lake Erie College from 2017-22 as an assistant coach. He also was an assistant at Tiffin University (2011-17) and Gardner-Webb University (2010). In 2010, Porter graduated from Gardner-Webb with a bachelor's degree in business. He was a 4-time Division I National Qualifier and a 4-time East Regional Champion in men's wrestling with the Runnin' Bulldogs.

Coach Hadi brings 33 years of coaching experience and over 16 years of head coaching experience. Coach Hadi finished his tenure at Youngstown Liberty High School with a dual team record of 134 - 41. He is currently the Head Coach at Boardman High School.

Coach Tiedemann is an assistant coach for the Hiram College women's wrestling program. Tiedemann graduated from the University of Akron with a Bachelor's Degree in Education. As the Akron Firestone High School Head Coach he lead Firestone to 5 straight Akron City Series and developing two girls state medalists.

Other Clinicians: Coach Joe Joltin (2X OHSAA State Champion & Head Coach at West Geauga HS), Hanz Kerr (Hiram Alumni. As well as a other guest clinicians throughout the six sessions of camp showing various technique.

Cost: Resident Camper \$265 / Commuter Camper \$190

This is a Resident or Commuter camp.

Resident Campers will stay in the Hiram College Dorms.

*** Air Conditioned Dorm Rooms**

At camp you will concentrate on fundamentals with a major emphasis on all phases of technique. Setup, execution, and finish. This is for girls entering grades 7-12 for the upcoming 2025 season.

Register Online At

Rhinohwrestlingcamps.com

Camp Agenda

Wednesday June 28th

- Check In 10:30am—12:00pm
- Session #1 1:00-3:00pm
- Free Time 3:00-5:00pm
- Dinner 5:00-6:00pm
- Session #2 7:00-8:30pm (Technique Review/Drilling/Live Wrestling)
- Movie Night 9:00-10:45pm
- Lights Out at 11:00pm

Thursday June 29th

- Morning Warm-up 7:15-7:30am
- Breakfast 7:30-8:30am
- Session #3 9:30-11:30am (Technique/Drilling)
- Lunch 12:00-1:00pm
- Guest Speaker (Nutrition) 1:00-2:00pm
- Free Time 2:00-3:00pm
- Session #4 3:00-5:00pm (Technique Review/Technique/Drilling)
- Dinner 5:00-6:00pm
- Session #5 7:00-8:30pm (Technique Review/Drilling/Live Mini Matches w/Instruction)
- Camp Cookout 9:00-10:30
- Lights Out at 11:00pm

Friday June 30th

- Morning Warm-up 7:15-7:30am
- Breakfast 7:30-8:30am
- Session #6 9:30-11:00am (Drilling & Live Wrestling)
- Checkout & Pick-up 12:00-1:30pm

Register Online At

Rhinohwrestlingcamps.com

Rhino Girls Wrestling Camp (Hiram College)

Rhino Camp Packing List

- Back pack (For transporting practice gear from dorms to practice area)
- Wrestling Shoes
- Head gear
- Running Shoes
- Shower Shoes (If desired)
- 6 T-Shirts (at least one per session)
- Long Sleeve T-Shirts or warm up hoodie for morning warm ups
- Shorts
- Sweatpants
- Socks & Underwear
- Towels
- Toiletries (Soap, Deodorant, Toothbrush, Toothpaste, Lotion, Soap, Body Wash, ETC.)
- Athletic Tape (If you use tape for your fingers, wrists, or ankles)
- Bedding (Sheets, Pillow, Blanket or sleeping Bag)
- Linen Laundry Bag for Dirty Clothes (laundry is not provided)
- Spending Money for Pizza, snacks, Beverages (water & Gatorade as well as gear and apparel @ The Camp Store)

Register Online At

Rhinohwrestlingcamps.com