

**INTENSE AMATEUR WRESTLING COMMUTER CAMPS July 13-18 2009**  
**2-Day Elementary Camp 4-Day, Middle & High School Camp**  
**TAKEDOWN TOURNAMENT AS WELL /WWW.DANSEVERN.COM**

Sponsored by  
DOMINOS PIZZA OF MANASSAS  
E.E. WINE INC. MANASSAS AND WARRENTON  
GOLD'S GYM MANASSAS (FREE GYM PASSES FOR CAMPERS AND PARENTS)  
HOOTERS OF MANASSAS  
JIM & PHYLLIS ENGLISH FAMILY  
JSC CONCRETE AND CONSTRUCTION  
MANASSAS CITY POLICE ASSOCIATION

**SUPER 8 HOTEL MANASSAS 7249 New Market Court off of Route I-66 Contact TIM TIBBS FOR DISCOUNT RATES**  
**TAKEDOWN TOURNAMENT FOR MIDDLE AND HIGH SCHOOL WRESTLERS AT THE END OF CAMP ONLY**  
**CAMPERS AT THE MIDDLE AND HIGH SCHOOL CAMP CAN ATTEND AWARDS WILL BE EITHER TROPHIES OR**  
**MEDALS**



**DAN 'THE BEAST' SEVERN –WORLD RECORD HOLDER OF 18 TITLE BELTS**  
**84 and 88 USA Olympic Wrestling Team Alternate**  
**2006 World Champion**

Over 4000 match victories and counting under 100 losses

**SPECIAL GUEST INSTRUCTOR:** Dan "The Beast" Severn. Holder of over 100 State, National, and International titles and records in amateur wrestling! ARIZONA STATE UNIVERSITY HALL OF FAMER. Former Assistant Coach at Arizona and Michigan State University. In addition, Severn is a legend in Ultimate Fighting. He is the only Triple Crown UFC Champion. He is also a former WWE superstar.

***FREE WOMENS SELF DEFENSE CLASS ON MONDAY JULY 13<sup>th</sup> 2009 from 6:30p.m-7:30p.m.***  
***You must pre-register and be 18yrs or older to attend***

**Location:** Grace E. Metz Middle School  
9950 Wellington Rd. Manassas, VA. 20110  
571-377-6817- M-F-- Best at [tibbstimothy@hotmail.com](mailto:tibbstimothy@hotmail.com)

**Elementary Amateur Wrestling Camp Dates: July 13-14 2009 from 9:00am-3:30pm COST: \$90.00**

**Middle & High School Amateur Wrestling Camp: Dates: July 15-18 2009 9:00am-3:00pm COST: \$175.00**

**Amateur Wrestling: AREAS OF INSTRUCTION:** Takedowns-Turning and Pinning- Escapes-Reversals –Leg Riding- Freestyle and Greco Roman Techniques- Throws- Live Wrestling and more.

**Mixed Martial Arts Sessions 7:00p.m-9:00p.m Tuesday – Friday Cost:\$185.00**

**MMA :** Areas of instruction: Takedowns, Submission Holds, Chokes and Arm Locks, Grappling Techniques, Training Techniques and UFC inside information & Amateur Wrestling in MMA& much more **COST:\$185.00**  
**all 4 sessions**

**Wrestlers at the camp who want to do the night MMA sessions \$100.00 all 4**

**FOR MORE INFORMATION:** TIM TIBBS Camp Director Office M-F 571-377-6817 -7:15a.m-2:30p.m or [tibbstimothy@hotmail.com](mailto:tibbstimothy@hotmail.com) After June 28<sup>th</sup> 2009 E-mail is Best

***YOU MUST TRAIN TO BE A CHAMPION!***

***Application on other side***

***Family discounts available***

***All Wrestlers receive a free Dan Severn T-Shirt and water bottles***

***PIZZA PARTY BY DOMINOS ON LAST DAY OF ELEMENTARY CAMP AND MIDDLE & HIGH SCHOOL CAMP DURING LUNCH***

***Don't Miss This Opportunity To Train with A Legend!!!***

**AMATUER WRESTLING COMMUTER CAMPS&  
MIXED MARTIAL ARTS, FREE WOMEN'S SELF DEFENSE**



**With SPECIAL GUEST INSTRUCTOR Dan "The Beast" Severn.**

Holder of over 100 State, National & International titles & Records in Amateur Wrestling  
2006 Amateur Wrestling World Champion

ARIZONA STATE UNIVERSITY HALL OF FAMER

84 and 88 USA Olympic Wrestling team Alternate

Former Assistant Coach at Arizona and Michigan State University

\*Freestyle National Wrestling Champion

\*Greco-Roman Wrestler for over 30 years

\*2x H.S. State Champion

\*2x H.S. National Champion

\*Set 8 National H.S. Records

\*Jr. World Gold Medallist

\*AAU National Champion

\*National Sports Festival Champion

\*Pan American Gold Medallist

\*AAU National Master Champion

\*2x NCAA All-American

\*World Cup Gold Medallist

\*World Record Holder of 18 Title Belts

\*UFC Hall of Fame Inductee

\*Former WWE Super Star

\*2 Time NWA Heavyweight Champion

\* 3 Time UFC Champion

Multiple Time Shoot Fighting Champion

\* Black Belt in Judo

Jui Jitsu & Combat Sambo

**NOTICE:**

**PLEASE RETURN PORTION WITH YOUR CHECK. Payable to Michigan Sports Camp. Send payment to Tim Tibbs P.O. Box 826 Manassas Va 20113**

NAME \_\_\_\_\_ AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE ( \_\_\_\_\_ ) SCHOOL FROM \_\_\_\_\_ COACH'S NAME \_\_\_\_\_

Email Address \_\_\_\_\_ Proof of Insurance Policy Number \_\_\_\_\_

\_\_\_\_\_ Insurance Company \_\_\_\_\_  
Date \_\_\_\_\_ Signature of Parent or Guardian \_\_\_\_\_

\_\_\_\_\_  
Signature of Wrestler

**MAKE CHECKS PAYABLE TO Michigan Sports Camp**

IMPORTANT: RETURN APPLICATION BY JUNE 30th 2009 [www.DANSEVERN.COM](http://www.DANSEVERN.COM)

LATE APPLICATIONS WILL BE \$20.00 MORE AS WELL AS WALK- INS

Attention: These camps are for the serious wrestler. Horse playing will not be tolerated. Anyone who is caught horse playing will be asked to leave for the day, or asked to leave for the remainder of camp with no refund.