

MORNINGSIDE COLLEGE



2011 Summer
Wrestling Academy
May 31 - July 29



WRESTLING OFFICE
MORNINGSIDE COLLEGE
1501 MORNINGSIDE AVENUE
SIOUX CITY, IOWA 51106

ADDRESS SERVICE REQUESTED

*The Morningside College experience cultivates
a passion for life-long learning and a dedication
to ethical leadership and civic responsibility.*

Cut along this line and return to:

Tim Jager, Wrestling, Morningside College
1501 Morningside Avenue, Sioux City, IA 51106

Name _____ Grade _____ Phone _____

Address _____ City _____ State _____ Zip _____

Circle t-shirt size: B-M B-L S M L XL XXL

Please make check payable to Morningside College Wrestling

WAIVER OF LIABILITY...RETURN WITH APPLICATION

I acknowledge that I am permitted to use and enjoy the facilities of the Health, Physical Education and Recreation Center (Hindman-Hobbs Center), Allee Gymnasium, and all outdoor fields and courts. (hereinafter referred to as "the facilities") owned by Morningside College, a non-profit corporation. I also understand and acknowledge that there is an inherent risk that my son might sustain physical injury in the course of using the facilities. I hereby waive all claims and release Morningside College, its directors, officers, agents and employees from liability for wrongful death, personal injury and property damage caused by negligence of Morningside College or its directors, officers, agents or employees and hold them harmless from all liability, including actual costs, expenses and attorney fees incurred by them arising from claims, actions or lawsuits brought against them as a result of my son's use of the facilities. We also grant permission for the Morningside College Wrestling Camp to use photographs of our son for publicity, advertising or other commercial purposes. This camp admits all qualified applicants without regard to race, color, religion, or nation origin.

Date this _____ day of _____, 20____, Signed _____

Parent or Guardian Signature _____

Coach Tim Jager



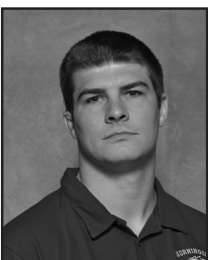
Tim Jager has a 66-35-2 record in seven seasons as the Mustangs' head coach. Under Jager, the Mustangs have produced at least one All-American and posted a winning record in each of the seven seasons since the program started in 2004-05. Jager has coached 76 NAIA National Tournament qualifiers, one NAIA

National Champion, and 11 NAIA All-Americans during his Morningside tenure.

He was named the 2011 GPAC and NAIA North Region Coach of the Year after he guided the Mustangs to their first-ever GPAC and NAIA North Region Championships. Jager also earned GPAC Coach of the Year honors in 2008.

Under Jager, the Mustangs received the NAIA Buffalo Funds Five Star Champions of Character Award for the 2009-2010, 2007-08 and 2005-06 seasons.

Coach Jake Stevenson



Jake Stevenson, the most decorated wrestler in Morningside history, has been a Mustang assistant coach for the past three seasons. Stevenson was a four-time NAIA All-American and became Morningside's first-ever National Champion when he defeated No. 1-ranked Joffre

Lander of Embry-Riddle Aeronautical University 3-1 in the 2007 NAIA 184 lb. title bout. He placed third at the NAIA National Tournament as a senior and was a fourth place finisher as a freshman and sophomore. Stevenson, who hails from Petersburg, Neb., is the Mustangs' all-time victory leader with a career mark of 130-25. He received the Mustangs' Most Valuable Wrestling award after each of his four seasons with the team. Stevenson had a 45-8 record as a sophomore to set a school record for most wins in a season.

MORNINGSIDE WRESTLING ACADEMY

May 31 - July 29



Morningside College coaches Tim Jager and Jake Stevenson present a 9-week long *individualized* summer wrestling program focused on individual growth and improvement. This is designed for serious wrestlers who are willing to commit themselves to improving their wrestling skills. Our goal is to find a small group of local high school wrestlers and focus on their development and guide them in reaching their goals for next season. Our practices and instruction will be held in the Hindman-Hobbs (HPER) Center on the Morningside College campus. We will offer several opportunities each week in the following areas:

- "Open mat" time focused on technique
- Live wrestling sessions
- Workouts with college team members
- Weight lifting
- Film breakdown of your matches

Total cost of this program is \$300.

Questions:

Call Tim Jager, Head Coach
(712) 274-5282
jager@morningside.edu

Weekly Schedule

Monday

10 - 11:30 a.m. Open mat with Coach Jager

7 - 8:30 p.m. Open mat/live wrestling with college wrestlers

Tuesday

7 - 8:30 p.m. Open mat/live wrestling/film breakdown with Coach Stevenson

Wednesday

7 - 8:30 p.m. Practice with college team

Thursday

7 - 8:30 p.m. Open mat/live wrestling with Coach Stevenson

Friday

10 a.m. - 12 p.m. Open mat, live wrestling with Coach Jager

**Time and workouts are up to YOU,
come as little or as much as you want.**

"I consider the Morningside Academy our number one resource for developing East High wrestlers during the off season. The coaching staff does a great job with the kids and the flexibility of the schedule makes it the best summer option for any dedicated Northwest Iowa high school wrestler."

— Vince Pederson, Sioux City East Head Coach

"The Morningside Academy beats the traditional camp format by a mile. The SBL wrestlers were given consistent instruction spread out over the summer, allowing them to learn over time. In addition, the workout options allow for tremendous flexibility. Hands down, this is the best opportunity for any wrestler in the area looking to climb the ladder of success."

— Clint Koedam, Sergeant Bluff-Luton Head Coach