



## Camp Director



**Tim Homan**  
Head Wrestling  
Coach

Tim Homan enters his fourth season as the University of Sioux Falls wrestling coach, as the program has been restarted under his supervision.

Through his first three years at the helm, the newly reinstated program has qualified 11 individuals to the NAIJA championships and amassed six All-GPAC selections, including one first-team selection in 2007 in what is traditionally one of the best conferences in the nation. In the 2007-2008 season, the program attained its first dual win since the 1970s.

Through dedicated recruiting efforts, he has already attracted some of the best talent in the state and the region. Multiple-year state place-winners and transfers helped USF earn a No. 8 preseason ranking in the North region for the start of the 2007-2008 campaign, including one wrestler, Brett Jarman, who was ranked nationally.

Part of the success he's attained is credited to his strong background in wrestling in South Dakota. The 1981 graduate of Augustana College was an All-Conference Academic Team selection, a three-time NCC wrestling place winner, and a two-time NCAA D-II All-American. Homan earned a Bachelor of Arts degree in Physical Education and studied geography as a minor.

Homan continued his education at the University of South Dakota, where he earned his Master of Arts in Health, Physical Education, and Recreation.

Homan's coaching career began in the Webster school district. From 1981-83, he served as the head wrestling coach and an assistant coach on the football and track teams. In his final year at Webster, Homan was nominated for the South Dakota Wrestling Coach of the Year award.

In 1983 he moved on to Brandon, South Dakota. At Brandon Valley High School he was the assistant wrestling coach until 1990 and head coach until 1995. In 1986, Homan was named the South Dakota Assistant Coach of the Year.

From 1995-2004, Homan led Roosevelt High School's wrestling team. There, he was named Sioux Falls Coach of the Year in 2000, 2003, and 2004. He earned Greater Dakota Conference Coach of the Year honors in 2003 and 2004. Homan was named Region I Wrestling Coach of the Year in 2004. Most recently, Tim Homan has served as the head wrestling coach in the Luverne School District.

## Instructional Camp

**June 1-4**

**Grades 1-6**

10:00 a.m.-Noon

**Grades 7-12**

1:00-4:00 p.m.

### **Every Camper Will Receive:**

- u Camp T-shirt

### **Areas Covered:**

- u Takedowns
- u Riding
- u Pinning
- u Down Wrestling
- u Mental Preparation



### **Camp Clinicians:**

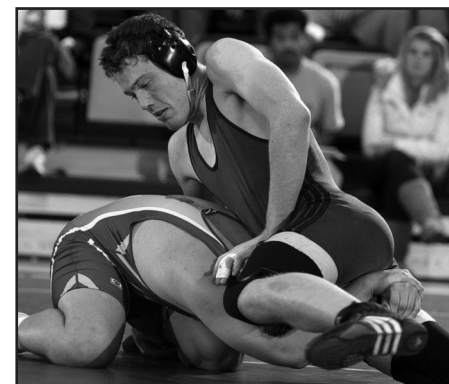
**Cory Wellnitz – USF Assistant Coach**

Cory Wellnitz enters his third year as an assistant coach for the University of Sioux Falls wrestling program.

A 2005 graduate of Northern State University, Wellnitz was a two-time Northern Sun Intercollegiate Conference Champion and a two time NCAA Division II qualifier in the 197-pound weight class. As a senior, he placed eighth to earn All-America recognition.

Wellnitz graduated from Northern State University with a B.A. in history and was a four-time Academic All-American. Prior to arriving at USF in 2007, he was a sales associate for Great Western Bank.

**Camp Staff:** USF Wrestlers



## **USF Wrestling Camp Enrollment Information**

### **Cost:**

\$55-Grades 1-6

\$65-Grades 7-12

*Enrollment is Limited*



### **To Register:**

- 1.** Fill out the registration form
- 2.** Mail application along with check to:
 

USF Wrestling  
University of Sioux Falls  
1101 W. 22nd Street  
Sioux Falls, SD 57105
- 3.** Make checks payable to:  
USF Wrestling Camp
- 4.** For further information contact the USF Wrestling Office at (605) 575-2024 or visit [www.usiouxfalls.edu](http://www.usiouxfalls.edu)