

# LINCOLN YOUTH WRESTLING DAY CAMP

Pre-K – 5<sup>th</sup>

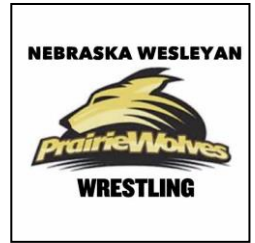
June 11<sup>th</sup> – 15<sup>th</sup>

OR

July 23<sup>rd</sup> – 27<sup>th</sup>



Brought to you by:  
**Competitive Edge Sports**  
&  
**Nebraska Wesleyan Wrestling**



**Who:** Grades Pre-K – 5<sup>th</sup>. If you have a beginner needing to work on the basics, or an experienced wrestler looking to get some great training in, then this camp is for them. We will also have speed & agility sessions during the camp.

**Coaches:** **Brandon Bradley**  
NWU Head Coach

**Josh Gannon** and his Staff  
CES Head coach

## Format:

- Focus on foundational drills, fixing common mistakes, repetition of core techniques, along with learning new techniques and focusing on the details for the experienced wrestlers.
- Fun wrestling games that incorporate skill building.

## Daily Schedule:

- |                            |                 |                            |   |
|----------------------------|-----------------|----------------------------|---|
| • <b>8:30am – 9:00am</b>   | Check-In at NWU | • <b>12:00pm – 12:30pm</b> | Tumbling  |
| • <b>9:00am – 10:00am</b>  | Speed & Agility | • <b>12:30pm – 3:00pm</b>  | Wrestling                                       |
| • <b>10:00am – 11:30am</b> | Wrestling       | • <b>3:00pm – 4:30pm</b>   | Fun Activity –<br>Team/character/skill building |
| • <b>11:30am – 12:00pm</b> | Lunch           | • <b>4:30pm – 5:00pm</b>   | Pickup  |

**Location:** Nebraska Wesleyan's BRAND NEW wrestling room. Parking lot on south side of the street at 53<sup>rd</sup> & Madison. Go to farthest corner of parking lot. Building adjacent to the football stadium.

**What to Bring:** Wrestling shoes, t-shirt, athletic shorts, lunch and a bottle of water or sports drink.

**Registration:** [www.lincolledge.com/summer-camps](http://www.lincolledge.com/summer-camps) or call (402) 404-5510

**Cost:** \$175.00 + Tax