

LINCOLN TOP / BOTTOM WRESTLING DAY CAMP

Ages 5 – 18

July 9th – 13th

Brought to you by:

Competitive Edge Sports

&

Nebraska Wesleyan Wrestling



Who: Ages 5 - 18. This camp is for wrestlers who want to improve their top and bottom work. We will split into two groups, one group for 5th grade and under, and another group for high school / middle school wrestlers.

Coaches: **Brandon Bradley** NWU Head Coach **Josh Gannon** and his Staff CES Head coach

Format:

- This camp will focus on turning/pinning your opponents and being able to escape from anyone.
- Extra attention is given to leg riding defense and leg riding offense.
- When you leave camp you will be able to turn and escape from anyone!

Daily Schedule:

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

Location: Nebraska Wesleyan’s BRAND NEW wrestling room. Parking lot on south side of the street at 53rd & 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 or call (402) 404-5510

Cost: \$175.00 + Tax