



# State Champ Camp

## Middle & High School Wrestlers

May 26<sup>th</sup> – 29<sup>th</sup>

Brought to you by:

### CES Wrestling Academy



#### Camper Qualifications:

**High School Wrestlers:** 2020 Nebraska State Championship Tournament Qualifier

**Middle School Wrestlers:** 1<sup>st</sup> – 8<sup>th</sup> place finish at 2020 NEUSA State Tournament

This camp is for wrestlers who have one goal in mind – to become a State Champion. Our coaches have been down this path and know what it takes to win multiple state titles. If you are looking for results, then you have found the right place. Last year **1 out of every four practice partners from our past camps went on to be an NEUSA State Finalist in 2019**, along with many other state placers who attended camp. Send your wrestler to a camp where you know they are going to have great partners and the coaching staff to give them an edge on their competition.

**Coaches:** Josh Gannon & Staff  
CES Head coach

#### Format:

- Position Drills, handfighting drills, chain wrestling drills, mindset training, along with conditioning.
- We are going to push you to your limits, break those limits, then push you again.

#### Daily Schedule:

• 7:00am – 7:30am	Check-In at CES	• 1:00pm – 3:30pm	Wrestling
• 7:30am – 8:30am	Conditioning outside	• 3:30pm – 4:00pm	Conditioning
• 8:30am – 11:30am	Wrestling	• 4:00pm – 5:00pm	Pickup
• 11:30am – 1:00pm	Lunch		

**Location:** CES Wrestling Academy, 3515 N 25<sup>th</sup> St, Lincoln, NE 68521

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

**Cost:** \$165.00 + Tax

**Registration:** [www.lincolledge.com/summer-camp](http://www.lincolledge.com/summer-camp)

**REGISTER BY 2/29/20 & SAVE**  
**10%** (Save \$18.90!)