

Ages 8 – 18

June 1st - June 5th



Who: Ages 8 - 18, **Broken into two groups:**

Competitive wrestlers 3-8 yrs. experience & Beginner wrestlers 0-2 yrs. experience

This camp will dive into a higher level of detail on position, pressure, and timing of your takedowns. Along with counter takedowns, and chain wrestling multiple attacks together. You will learn from and alongside former D1 wrestlers. We will instruct, drill, and have live wrestling sessions. We will also help you understand the importance of getting a mental edge on your competitions. The beginner group will focus on repetition and fundamental takedowns.

Coaches: **Brandon Bradley**
NWU Head Coach

Josh Gannon and his Staff
CES Head coach

Format:

- Daily training on takedowns
- Takedown Tournament Last day!

REGISTER BY 2/29/20 & SAVE 10%!

(Save \$18.50!)

Daily Schedule:

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|---------------------|--|
| • 8:00am – 9:00am | Check-In at NWU Wrestling Room |
| • 9:00am – 11:00am | Technique, Drill, and Situational Wrestling |
| • 11:00am – 12:00pm | Lunch |
| • 12:00pm – 3:30pm | Technique, Drill, Live Situational Wrestling |
| • 3:30pm – 4:30pm | Fun Activity – Team/character/skill building |
| • 4:30pm – 5:00pm | Pickup |

Location: Nebraska Wesleyan's wrestling room.

What to Bring: Sneakers, wrestling shoes, athletic wear (shorts & t-shirt), lunch and a bottle of water or sports drink... Along with extra snacks as fuel for the long workouts.

Cost: \$185.00 + Tax

Online Registration Only: www.lincolledge.com/summer-camps