



Summer TOP/BOTTOM Day Camp

Ages 6 – 18

July 6th – 10th



Who: This camp is for wrestlers who want to improve their top/bottom position. We will split into two groups, one group for 5th grade and under, and another group for high school / middle school wrestlers. By popular demand we will teach a lot of **LEG RIDING** and **LEG RIDING DEFENSE**.

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

Format:

- Multiple pinning series will be taught.
- Multiple escape series will be taught.
- Extra attention on leg riding.
- Your wrestler will increase their confidence in turning their opponents on top and escaping on bottom!

REGISTER BY 2/29/20 & SAVE 10%!
(Save \$18.50!)

Daily Schedule:

<ul style="list-style-type: none"> • 8:00am – 9:00am Check-In at CES • 9:00am – 11:30am Session 1 – Top Series • 11:30am – 12:30pm Lunch • 12:30pm – 2:30pm Session 2 – Bottom Series 	<ul style="list-style-type: none"> • 2:30pm – 4:00pm Session 3 – Chain Wrestling & Review • 4:00pm – 4:30pm Fun Activity – Team/Character • 4:30pm – 5:00pm Pickup
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Location: CES Training Center, 3515 N 25th St, Lincoln, NE 68521

What to Bring: 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