



YOUTH WRESTLING DAY CAMP

Grades Pre-K – 8th

May 24th – 28th

June 14th – 18th

July 5th – 9th



Results: We produce results for your wrestler on the mat. More than 25% of the wrestlers placed 1st or 2nd at state. That makes **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.

Who: Pre-K – 8th Grade, **Broken into two groups:**

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

Coaches: Josh Gannon and his staff

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:

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| • 8:00am – 9:00am | Check-In at CES | • 12:30pm – 1:00pm | Tumbling |
| • 9:00am – 11:00am | Wrestling | • 1:00pm – 3:30pm | Wrestling |
| • 11:00am – 11:30am | Speed & Agility | • 3:30pm – 4:30pm | Fun Activity |
| • 11:30am – 12:30pm | Lunch | • 4:30pm – 5:00pm | Pickup |

Location: CES Wrestling Academy, 2350 Judson Street, Unit 1, Lincoln, NE 68521

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

Cost: \$240.00 + Tax **Online Registration Only:** www.lincolledge.com/ces-wrestling-camps