



**LIMITED TO  
36 WRESTLERS  
PER CAMP!**

## **TAKEDOWN/HAND FIGHTING CAMP 6/5 - 6/8/22 Cost: \$325**

**PRICE INCLUDES FOOD, ONSITE LODGING, AND  
CAMP T SHIRT. CAMPERS AGE 6TH GRADE AND  
UP ARE WELCOME. (ATHLETES OF YOUNGER AGES  
MAY BE ALLOWED WITH PREAPPROVAL)**

### **CAMP CLINICIAN DENNIS HALL**



**2011 NATIONAL WRESTLING HALL OF FAME MEMBER, 3X OLYMPIAN, 1995 WORLD CHAMPION, 10X US NATIONAL CHAMPION, 2010 HEAD GRECO ROMAN COACH**  
COACH HALL ALSO HAS EXTENSIVE FOLKSTYLE EXPERIENCE. HE'S A 3X STATE CHAMPION, A FULL SCHOLARSHIP ATHLETE FOR THE UNIVERSITY OF WISCONSIN BEFORE SWITCHING TO GRECO ROMAN, AND HAS COACHED A YOUTH CLUB FOR 28 YEARS.

#### **CAMP SCHEDULE:**

<b>SUNDAY:</b>	<b>5:00-5:30—CHECK IN</b>
	<b>5:30-6:00—WELCOME AND PICTURE</b>
	<b>6:00-8:00— PRACTICE</b>
<b>MON-TUES:</b>	<b>9:00-11:00— PRACTICE</b>
	<b>1:00-3:00— PRACTICE</b>
	<b>6:00-8:00— PRACTICE/LIVE</b>
<b>WED</b>	<b>9:00-11:00— PRACTICE</b>
	<b>1:00-3:00— PRACTICE</b>
	<b>3:00— CHECK OUT</b>

**CAMP EMPHASIS:** LEARN TAKEDOWNS AND SET UP SKILLS FROM ONE OF THE COUNTRIES MOST PROLIFIC HAND FIGHTERS. OVER 4 DAYS YOU'LL LEARN TECHNIQUES THAT WILL WORK FROM MIDDLE SCHOOL TO WORLD LEVELS.

**CAMP OFF TIME:** RECREATIONAL ACTIVITIES INCLUDE CAMP FIRES, CORNHOLE TOURNAMENT, VOLLEYBALL, FISHING, STRONGMAN EQUIPMENT, SPIKE BALL, WHIFFLE BALL ETC.

**DISCOUNTS:** ATTEND TAKEDOWN AND TOP BOTTOM CAMPS FOR \$550, OTHERWISE RECEIVE A \$75 DISCOUNT APPLIED TOWARDS A 2ND CAMP. THERE IS ALSO A 50% DISCOUNT FOR A SECOND CHILD AFTER THE FIRST FULL PRICE ATHLETE FOR MULTI-ATHLETE FAMILIES.

**SEND PAYMENT TO : THE BEAST CAGE, 6426 5TH AVE RUDOLPH, WI 54475**

**OR REGISTER ON TRACKWRESTLING (WORLD GOLD TAKEDOWN HANDFIGHTINGCAMP)**

**USA WRESTLING CARD REQUIRED. FOR ADDITIONAL INFORMATION CONTACT:**

**EMAIL – OBSESSEDWRESTLER36@GMAIL.COM PHONE/TEXT – 715-459-4090**