



ERIC SCHULTZ TAKEDOWN DAY CAMP

June 5th - June 9th

Who: Grades 2nd – 12th

Broken into two groups:

Competitive wrestlers 3-8 yrs. Exp.

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Beginner wrestlers 1-2 yrs. Exp.

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 2x All-American Eric Schultz and 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: **Eric Schultz** 2x Husker All-American
Josh Gannon and his Staff

Format:

- Daily training on takedowns
- Takedown Tournament Last day!

Daily Schedule:

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|---------------------|---|
| • 8:00am – 9:00am | Check-In |
| • 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 | Coach' Choice – Team/character/skill building |
| • 4:30pm – 5:00pm | Pickup |

Location: Nebraska Wesleyan University Wrestling Room, 5000 St Paul Ave, Lincoln, NE 68504

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: \$260.00 **Online Registration Only:** <https://app.iclasspro.com/portal/nwtc1>