



Cost:
\$260.00

ERIC SCHULTZ **TAKEDOWN DAY CAMP**

5-Day Camp: June 3rd - 7th

Who: Grades 2nd – 12th

Broken into two groups:

Competitive wrestlers 3-8 yrs. Exp.
&
Novice 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

EARLY BIRD PRICING
\$240.00 – Register by 2/29/24

Format:

- Training Broken into two groups, Competitive Wrestlers 3-8 yrs. Exp. & Novice Wrestlers 1-2 yrs. Exp.
- Daily training on takedowns, see schedule below.

Daily Schedule:

- | | |
|---------------------|---|
| • 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 |



Sign Up Here

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 **Registration link:**
<https://app.iclasspro.com/portal/nwtc1>

Registration QR Code:

