



TILT & LEG RIDING Day Camp

Grades 4th – 12th

5-Day Camp: June 17th – 21st



Cost: \$200.00



Your wrestlers will learn how to: **1)** Secure excellent leg riding position. **2)** How to get legs in with excellent position every time. **3)** Turning from the base. **4)** Turning from the ground.

They will also learn the difference between a *long leg series*, and a *short leg series*. Along with when & how to apply each series.

When it comes to leg riding, tilts, and securing good position on top, it usually takes a few days to learn – but *months* to master. **We shorten the learning curve by condensing 3 months of Tilts and Leg Riding training into one week!**

Who: 4th – 12th Grade,

Coaches: Josh Gannon and his staff

Daily Schedule:

• 8:00am – 9:00am	Check-In at Wesleyan	• 12:30pm – 3:30pm	Tilts & Leg riding
• 9:00am – 11:00am	Leg Riding	• 3:30pm – 4:30pm	Leg & Tilt Defense
• 11:00am – 11:30am	Speed, Agility, Tumbling	• 4:30pm – 5:00pm	Pickup
• 11:30am – 12:30pm	Lunch		

Location:

Nebraska Wesleyan University Wrestling Room, 5421 Madison Ave, Lincoln, NE 68507

What to Bring:

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

Cost:

June 17th – June 21st: \$200.00

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

EARLY BIRD PRICING

\$180.00 – Register by **2/29/24**



Sign Up Here