



SCRAMBLE WRESTLING

Day Camp

Grades 4th – 12th

5-Day Camp: June 24th – 28th



Cost: \$200.00



Have you ever felt helpless in the middle of a scramble? Would you like to always feel in control?

We will teach you how to approach scrambling as a technique. Our system will keep you calm and collected in any scramble situation. We DO NOT just teach rolling around and scrambling ONLY technique at these camps. We teach how to use scrambling as a tool to get back to an array of baseline positions and how to score in any scramble situation.

We will walk you through the fundamental technique and philosophy behind all scoring options from each position and counter attacks. In just a couple days you will be rolling and attacking scramble positions fearlessly. We also cover several common and high level scramble defense tactics and positions as well. Knowing these positions will not only allow our campers to defend a scramble attack, but be able to adjust their strategy in each scramble position.

Who: 4th – 12th Grade,

Coaches: Josh Gannon and his staff

EARLY BIRD PRICING
\$180.00 – Register by 2/29/24

Daily Schedule:

• 8:00am – 9:00am	Check-In at Wesleyan	• 12:30pm – 3:30pm	Scrambling Session 2
• 9:00am – 11:00am	Scrambling Session 1	• 3:30pm – 4:30pm	“Funk”
• 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 24th – June 28th: \$200.00

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