



# PIN MASTER Wrestling Day Camp



Grades 1<sup>st</sup> – 12<sup>th</sup>

5 Day Camp: July 8<sup>th</sup> – 12<sup>th</sup>

**Cost: \$200.00**



Are you stuck running the three basic pins, Half Nelson, Cradle, & Arm Bar? Do you wish you had more success with your pins, and more pinning combinations to pull from?

We will teach you dozens of different pinning combinations, along with a deeper understand of position and pressure for your pins.

Most wrestlers will walk away from this Pin Master Wrestling Camp doubling the amount of pins they earn next season. That's because they will be immersed in pinning combinations for a solid week of training. They will stop looking at pins as moves, and start to see pins as an extension of the position they are in. No more hesitations, by the end of camp you will have a pinning instinct.

**Who:** 1<sup>st</sup> – 12<sup>th</sup> Grade (Broken into two groups)

**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:** July 8<sup>th</sup> – July 12<sup>th</sup>: \$200.00

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