

The ROC and ROLL Festival 2015

Dates: Friday Nov. 13 - Sunday Nov. 15, 2015

Location: Crescent Heights HS (1019 - 1St. NW, Calgary)

Clinicians: Mike Dunn and Justin Basra

Friday - Nov. 13

6:00pm-7:00pm - Elementary Clinic (ground techniques) - \$25

7:00pm-7:30pm - Elementary situation drills/scrimmage (ground)

7:00pm-8:15pm - Jr./Sr. High to College Clinic (ground techniques) - \$25

8:15pm-9:00pm - Jr./Sr. High to College situation drills/scrimmage (ground)

Saturday - Nov. 14

9:00am-10:00am - Elementary Clinic - takedowns - \$25

10:00am-10:30am - Elementary situation drills/scrimmage (standing/ground)

10:00am-11:30am - Jr./Sr. High to College Clinic - takedowns - \$25

11:30am-12:00pm - Jr./Sr. High to College situation drills/scrimmage (standing/ground)

12:00pm-1:00pm - Elementary - leg defense - \$25

1:00pm-1:30pm - Elementary situation drills/scrimmage (standing)

1:30pm-3:00pm - Jr./Sr. High to College - leg defense - \$25

3:00pm-4:00pm - Jr./Sr. High to College situation drills/scrimmage (standing)

4:00pm-5:30pm - open scrimmage (**grouped by age and ability**)

Sunday Nov. 15

9:00am-11:00am - Jr./Sr. High to College - takedown combinations - \$25

11:00am-12:00pm - Jr./Sr. High to College - situation drills/scrimmage (standing/ground)

Costs: Cash or School/Club cheques only (cheques made out to "Calgary Rebels")

Individual session: **\$25**

Elementary: **all sessions \$50**

Jr./Sr. High to College: **all sessions \$80**

Coaches - same as athletes

****all participants need to be members of Alberta Wrestling****

- visit albertaamateurwrestling.ca for AB Wrestling membership or 17804150140

- please provide proof of Alberta Wrestling membership

- we will sell Alberta Wrestling Memberships on-site (\$10 event membership)

For more information contact Mike Dunn - mikedunn@persona.ca (403 540 2990)

Please print the **registration/waiver form** and hand it in prior to your first session.

