

CHAMPIONSHIP PREP CAMPS

City / Provincial Championship Prep Camp - February 17 – 18, 2018

Hosted by The ROC and Sir Winston Churchill High School

Location: Sir Winston Churchill High School (wrestling room)
5220 Northland Drive NW, Calgary, AB

Cost: Feb. 17 – Freestyle **\$40** Feb. 18 – Greco **\$30** Both Days – **\$60**
(Must be a member of Provincial Wrestling Association or purchase \$10 event membership)

Coaches: Andy Hutchinson – Four time National Greco Champion
Michael Dunn – Canada Games Coach 2013; WC Games Coach 2015

Participants: 13 – 18 years, maximum 30 athletes

Camp Description:

Saturday – Coach Dunn will concentrate on high percentage leg attacks and ground techniques to maximize your point total during matches

Sunday – Coach Hutchinson will share basic Greco standing and ground techniques in preparation for the Alberta Open and National Championship

National Championship Prep Camp - March 31 – April 1, 2018

Hosted by Hero Wrestling

Location: Rundle College High School
7375 17 Ave SW, Calgary, AB

Cost: **\$150** *(Must be a member of Provincial Wrestling Association or purchase \$10 event membership)*

Coach: Justin Abdou - Nine time Senior National Champion; Four time NAIA National Champion; Head Coach SFU Wrestling Team

Participants: 13 – 18 years, maximum 40 athletes

Camp Description: Coach Abdou will use the sessions to concentrate on leg attack set-ups and finishes, inside leg trip with detailed set-ups, front headlock position and ground attacks. Justin will also take time to discuss preparation strategies leading up to the National Championships and the mind set necessary to maximize your competitiveness at the National Championships.



For Registration & Information Contact Mike Dunn
mikedunn@persona.ca



CHAMPIONSHIP PREP CAMP SCHEDULES

City / Provincial Championship Prep Camp

Location: Sir Winston Churchill High School (wrestling room)
5220 Northland Dr NW, Calgary, AB

February 17, 2018

Session 1: 11:00 am – 1:15 pm Leg takedowns – detailed skills to adjust
offensive positions and complete takedown
Scrimmage: 1:15 pm – 1:30 pm Leg takedown situations
Session 2: 2:00 pm – 4:00 pm Ground Wrestling (off. and def.)
Scrimmage: 4:00 pm – 4:30 pm Ground situations, plus standing scrimmage

February 18, 2018

Session 3: 9:00 am – 11:30 am Greco Clinic
Scrimmage: 11:45 am – 12:15 pm Greco situations

National Championship Prep Camp

Location: Rundle College High School
7375 17 Ave SW, Calgary, AB

March 31, 2018

Session 1: 11:00 am – 1:00 pm
Scrimmage: 1:00 pm – 1:15 pm
Session 2 : 1:45 pm – 3:15 pm
Scrimmage: 3:15 pm – 3:30 pm
Session 3: 4:00 pm – 5:30 pm

April 1, 2018

Session 4: 9:00 am – 10:30 am
Session 5: 10:45 am – 12:15 pm
Matches: 12:15 pm – 1:15 pm



*(Must be a member of Provincial Wrestling Association
or purchase \$10 event membership)*

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