

Titan Wrestling Club presents:



Clinicians to be announced!

Tuesday-Sat. July 6-10

SESSION I 9 am-11:30pm
LUNCH 11:30-12:00pm
SESSION II 12:00-2:00pm

Bring a Lunch and drinks

\$160 covers 5 days of camp.

Special emphasis Our focus would be primarily on takedowns with a variety of set-ups. We will also look at how to defend leg attacks and have counter attacks. Attacking positions from under hook, two on one and utilizing hand work to create openings in the defenders position. We will discuss and demonstrate the importance of creating angles to set up an attacking offense. Collegiate Style and Freestyle techniques will be taught

Clinicians to be announced!

\$5 Extra if no USA Card to Cover Camper Insurance

Coaches attend free!!

Name _____
Date of Birth _____ Wt. _____
Address _____

City _____
High School _____
USA Card # _____
Emergency Phone# _____
In case of injury or necessary emergency, medical treatment
Is authorized.

Parent/Guardian (Please Print)
Cal State Fullerton and Titan Wrestling Club
Hold Harmless
I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury, I do hereby waive all claims of legal actions, financial or otherwise, against the City of Fullerton, or Cal State Fullerton University. In absence of signature,
payment of fee and participation in the program shall constitute acceptance of the conditions set forth in the release.

Special emphasis will also be given to how to train for competition and building endurance. You will have an opportunity to train like the Olympians through observing them as well as be put through workouts developed by proven Elite level coaches and women who are at the top of the ladder for women in the world.

Special emphasis will also be given to Total Performance Wrestling. We will discuss how to perform at your best, how to be a winner every time you compete, and psychological skills needed to reach your personal goals. Wrestling is fun and has many lessons to teach that can be carried over into life.
All ages will benefit from this clinic.

Tues-Sat. July 6-10, 9am –2pm
Titan Wrestling Room
Cal State Fullerton University
Sponsored by
Titan Wrestling Club

Southern Cal Women's Wrestling Camp

THE MOTIVATION

We want to offer a place for women in Southern California to train with elite National team and collegiate women wrestlers. Our goal is to help prepare more California girls for the National team.

Come join us for this unique training opportunity just for women.

THE COACHES

Head Coach Dan Hicks from Cal State Fullerton is talking with several elite women clinicians about coming to the camp

What to bring: Backpack to hold food, etc.

Workout shirt & shorts, shoes, wrestling shoes and socks.

Your own snacks and bottles of water.

QUESTIONS CALL

Dan Hicks

Head Wrestling Coach

Cal State Fullerton & Titan Wrestling Club

714-222-4395 dhicks@fullerton.edu

THE SCHEDULE

Tuesday-Sat July 6-10

SESSION I	9 am-11:30am
LUNCH	11:30-12:00pm
SESSION II	12:00-2:00pm

Bring a Lunch and drinks

\$160 covers the entire camp!

\$5 Extra is no USA Card to Cover Camper Insurance

Coaches attend free!!

Make check payable to:

Titan Wrestling Club, LLC

18 Calle Verano

Rancho Santa Margarita, Ca

92688