



## 10-Day "Elite" Intensive Training Camp July 16-25, 2018 Sierra Outdoor School, Sonora CA

The #1 Systematic Intensive Training Camp in the West...The oldest Intensive Camp in California has trained over 30,000 wrestlers since 1980...The C.O.C. knows wrestling, we are proven!

Visit our Website

### Daily Schedule

6:00 AM-&:30 AM: Handfighting skills  
9:00 AM-11:30 AM: Offensive Takedowns  
1:00 PM-4:30 PM: The Grind Session  
6:30 PM-9:00 PM: Pinning  
9:00 PM...Motivational Session  
10:30...Lights Out!



### Intensive Training Since 1980!

Visit our website:  
[www.cocelitewrestlingschool.com](http://www.cocelitewrestlingschool.com)  
Call our toll free number:  
(866) 854-2560  
Email us at:  
[cocelitewrestlingcamps@gmail.com](mailto:cocelitewrestlingcamps@gmail.com)



**ASK YOURSELF THIS**

How good do you want to be?  
Are you prepared to pay the price?  
Do you understand what sacrifice is?  
Do you have the urgency to be a champion?  
Are you committed to train harder than ever?  
It's time for you to learn to train with the best!  
Get C.O.C. Trained and be on top of the podium!



C.O.C. Elite Wrestling School | 866-854-2560  
cocelitewrestlingcamps@gmail.com | www.cocelitewrestlingschool.com

STAY CONNECTED



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Try it free today