

From: **Camp of Champions** campofchampions@msn.com
Subject: 2019 C.O.C. All Girls Wrestling Camp
Date: July 3, 2019 at 6:55 PM
To: lanny@wrestlingusa.com



Tentative Weekly Schedule

THE C.O.C. PHILOSOPHY

Since 1980 the C.O.C. has taught and trained thousands of wrestlers of all age groups. Our philosophy is to assist you in every way to attain your goals. The C.O.C. prides itself as the wrestling camp with more quality mat time than any wrestling camp in the United States.

WHY ATTEND C.O.C. ELITE CAMPS!

- *PROFESSIONAL HAND PICKED STAFF
- *EXCELLENT STAFF TO WRESTLER RATIO
- *FINEST CLINICIANS IN THE NATION
- *4 STRUCTURED SESSIONS DAILY
- *HARD DRILLING AND LIVE SESSIONS
- *MENTAL SKILLS TRAINING
- *ALL YOU CAN EAT TRAINING TABLE
- *THE MOST CURRENT TECHNIQUE
- *LIMITED ENROLLMENT CAMP
- *EXCELLENT FACILITIES IN MOUNTAINS

The C.O.C. Elite Training Camps are the finest developmental wrestling camp in the nation. Coaches bring their teams to get the intensive experience while being part of our staff. Our system of technique, hard drilling, situation wrestling, grind matches, forced drilling in all positions is a proven tool for you to get on top of the podium. The 5-Day wrestling camp is the best camp in the western region United States for the young wrestler to learn from the greatest wrestling champions in America! Perfect setting for learning, training and having FUN!

C.O.C. ELITE Wrestling Camps 2019

"ALL GIRLS"
WRESTLING CAMP
July 24-28, 2019

SIERRA OUTDOOR SCHOOL-5 MILE CREEK
15700 Old Oak Ranch Road
Sonora, CA 95370

CAMP DIRECTOR
ALYSSA LAMPE



TOLL FREE (866) 854-2560

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Email: cocelitewrestlingcamps@gmail.com

BUILDING CHAMPIONS SINCE 1980 "GET C.O.C. ELITE TRAINED"

C.O.C. GIRLS DIRECTOR

ALYSSA LAMPE

2016: U.S. World Team Trials champion
2nd in U.S. Open
2014: U.S. World Team Trials champion
U.S. Open champion
2013: Bronze Medalist in World Championships
U.S. World Team Trials champion
U.S. Open champion
2012: Bronze Medalist in World Championships
U.S. Women's World Team champion
2nd in U.S. Olympic Team Trials
4th in U.S. Open
2011: 2nd in U.S. World Team Trials
2010: U.S. World Team Trials champion
U.S. Open champion
2009: 2nd in U.S. World Team Trials
3rd in U.S. Nationals
2008: 2nd in U.S. World Team Trials
7th in U.S. Nationals
3rd in Junior World Championships
2007: 3rd in Junior World Championships
5th in U.S. World Team Trials
5th in U.S. Nationals.
FILA Junior Body Bar Champion
USA Age-Group: 2nd in 2006 Junior Nationals
3rd in 2005 Junior Nationals...2005 Body Bar
FILA Cadet Champion...3rd at 2005 FILA Junior
Body Bar...3rd at 2004 Junior Nationals... 2004
Body Bar Cadet National Champion... 3rd at
2004 Body Bar FILA Junior Nationals...2nd at
2004 Junior Nationals
First female wrestler to qualify for the
Wisconsin High School State Championships...
placed 2nd in 2006 State Championships

Alyssa Lampe's Wrestling Awards:

2013 USA Wrestling Women's Wrestler of the Year
2013 U.S. Open Outstanding Wrestler

<https://www.cocelitewrestlingschool.com/sonora-ca-camps>

The C.O.C. All Girls Wrestling camp in Sonora, California is the #1 camp in the western region United States. Hosted at the Sierra Outdoor School in the prestine foothills close to Yosemite National Park.If you want to get to that "Next Level" the C.O.C. All Girls camp is the best development you'll jever attend. Girls of all ages can attend this awesome experience that will prepare you to get on top of the podium! national team members, wold class coaches and couseors will assist you in sharpening up your tools...Get C.O.C. Trained! Call 866-854-2560 for team rates.



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