

From: **Camp Of Champions** cocelitewrestlingcamps@gmail.com
Subject: C.O.C. CAMP PENDLETON COMPETITION CAMP
Date: June 6, 2019 at 11:25 AM
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
- *(3) STRUCTURED SESSIONS DAILY
- *16 OUT OF STATE DUAL MEETS
- *32 MAN BRACKETED TOURNAMENT
- *ALL YOU CAN EAT!
- *THE MOST CURRENT TECHNIQUE
- *THE LARGEST TEAM CAMP IN THE WEST

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!
"GET C.O.C. ELITE TRAINED"

C.O.C. ELITE Wrestling Camps 2019 CAMP PENDLETON COMPETITION CAMP JULY 8-12, 2019

5-Day Competition Camp

GET C.O.C. TRAINED
TOLL FREE (866) 854-2560

Website: cocelitewrestlingschool.com
Email: cocelitewrestlingcamps@gmail.com
BUILDING CHAMPIONS SINCE 1980

2019 CAMP SCHEDULE

DAY #1
9:00AM TO NOON: CHECKIN AND WEIGH IN
11:00 AM TO 1:00 PM: LUNCH
1:00 PM: CAMP INTRODUCTION AT VENUE
1:30 PM: SESSION #1 TECHNIQUE ONLY
4:00 PM: DINNER
6:00 PM: SESSION #2 TECHNIQUE/ 2 DUAL MEETS
8:30 PM: ACTIVITIES
10:00 PM: LIGHTS OUT

DAY #2
6:30 AM: BREAKFAST
8:00 AM: SESSION #3 TECHNIQUE/ 2 DUAL MEETS
11:30 AM: LUNCH
1:00 PM: SESSION #4 TECHNIQUE/ 2 DUAL MEETS
4:30 PM: DINNER
6:00 PM: SESSION #5: 2 DUAL MEETS
8:30 PM: ACTIVITIES

DAY #3
6:30 AM: BREAKFAST
8:00 AM: SESSION #6 TECHNIQUE/ 2 DUAL MEETS
11:30 AM: LUNCH
1:00 PM: SESSION #7 TECHNIQUE/ 2 DUAL MEETS
4:30 PM: DINNER
6:00 PM: SESSION #8: 2 DUAL MEETS
8:30 PM: ACTIVITIES

DAY #4
6:30 AM: BREAKFAST
8:00 AM: SESSION #9 TECHNIQUE/ 2 DUAL MEETS
11:30 AM: LUNCH
1:00 PM: SESSION #10 DUAL MEET/MEDAL ROUND/ CHAMPIONSHIPS
4:30 PM: DINNER
6:00 PM: SESSION #11 INDIVIDUAL TOURNAMENT
8:30 PM: ACTIVITIES

DAY #5
6:30 AM: BREAKFAST
8:00 AM: SESSION #12 INDIVIDUAL TOURNAMENT
11:30 AM: LUNCH
1:00 PM: MARINE CORPS MUD RUN
4:30 PM: DINNER
6:00 PM: AWARDS/ CHECKOUT OF CAMP
(APPROXIMATE TIMES)

There is no team camp or competition camp in the nation that can follow the C.O.C. team camp...we want to bring you back to camp for the Marine Corps Experience!

<https://www.cocelitewrestlingschool.com/wrestling-camps>

Coach:

If you aren't bringing your group to the 2019 C.O.C. Camp Pendleton Team Camp and you have some athletes that would like to get to a competition camp please forward to your kids. We have 20 current teams and several wrestlers that are attending as individuals. This camp will be very competitive and your athletes will get several USMC activities such as obstacle courses, critical thinking activities, visiting Seal Team area, and the USMC Mud Run! Here is the attached flier for you to send out to your guys...hope to see them at Camp Pendleton on July 8! For more information call (866) 854-2560. Please have your wrestlers sign up online before June 25. Have your athlete sign-up at www.cocwrestlingschool.com



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