

Complete wrestlers win championships.



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A wrestler must be fundamentally sound in the neutral, bottom, and top positions in order to stand at the top of the podium at the end of the day. Being the very best part of the time is not good enough.

The **Complete Wrestler Series** is designed for wrestlers who desire to be *relentless* on their feet, *dangerous* on the mat, and *punishing* on top.

The **Complete Wrestler Series** is a series of four different camps:

Choose Top Leg Camp	R2N3 Bottom Camp	Tie Up Takedown Camp	Moore Funk Camp
<p>The ability to use your legs from the top position to control your opponent is one of the ultimate equalizers in scholastic wrestling.</p> <p>The Choose Top Leg Camp is a wrestling camp that is designed to teach you to stay in good position, score, pin, and defend legs.</p> <p>Instructor: Matt Keel</p>	<p>Explosive chain wrestling from the bottom position that results in putting your opponent on his back is a skill that will separate you from your peers.</p> <p>The R2N3 Bottom Camp is a wrestling camp that is designed to teach you motions that score reversals, how to score nearfall, and how to chain it all together.</p> <p>Instructor: Kevin Chapman</p>	<p>Everyone drills takedowns. The great wrestlers are able to use relentless handfighting to setup takedowns from multiple tie ups.</p> <p>The Tie Up Takedown Camp is a wrestling camp that is designed to teach you solid tie ups, the way the tie ups create takedown opportunities, and transitions from one takedown to the next.</p> <p>Instructor: Chris Haines</p>	<p>Wrestling has evolved. Using your opponents attack as a scoring opportunity doubles your scoring potential in neutral.</p> <p>The Moore Funk Camp is a wrestling camp that is designed to teach you solid defensive position and movements, multiple defensive takedowns, and unconventional defensive options that work.</p> <p>Instructor: Jess Moore</p>

Cost for the Complete Wrestler Series:

\$220

Online

\$240

At Door

Date: June 14-18, 2010

Location: The Barn, 1476 Buchanan Valley Rd. Orrtanna, PA 17353 (near Gettysburg)

Times: Check In – Monday 7-7:30 AM --- Lunch Break – 12-1 PM

Monday: 7:30 AM – 3 PM, Tuesday: 7:30 AM – 3 PM, Wednesday: 7:30 AM – 3 PM,

Thursday: 9:45 AM – 5:30 PM, Friday: 9:45 AM – 3 PM

REGISTER ONLINE AT www.choosetop.com

Go online to learn more about each camp, find camp locations and dates, review the curriculum, read coaching backgrounds, and more...

Complete Wrestler Series Camp

Registration Form

Name: _____

Address: _____

Phone Number: _____ (home) _____ (work)

Email address: _____

Birth date: _____ Weight: _____ Grade: _____

Years of experience: _____ School: _____

Payment type: Cash _____ Check _____ Money Order _____

Medical Information: If your child has any medical issues that may be a problem for him/her to participate in an athletic activity please tell us now!

Consent to Participate Form

I give permission for _____ to wrestle in the Complete Wrestler Series Camp. I hereby release those involved with the camp, agents of the school, or representatives from any responsibilities or liability for injury or accident, lost property, or stolen property that may happen during my child(s) participation in this wrestling camp. I will notify staff members of any illness or health problem that may affect my child(s) ability to participate. I know only a medical doctor can approve of my child(s) health to participate in this type of activity.

Parent signature: _____ Date: _____

Wrestler's signature: _____ Date: _____