



Featuring a high-profile slate of national and regional staff at each camp, J Robinson Technique Wrestling Camps emphasize technical skill development and strategy. Our curriculum covers everything from basic fundamentals—stance, positioning, takedowns, and escapes—to advanced technique and strategy, including set-ups, finishes, and drilling. We separate wrestlers into small groups determined by age, weight and ability, so each wrestler will receive a level of training that fits his or her skill and experience level. The philosophy of our Technique Camps also relies on teaching a disciplined, focused mindset that is the trademark of all J Robinson Camps.

JROB Technique Camps are directed by NCAA Division I Champion coaches along with Olympic Medalist and All-American wrestlers. Active college wrestlers from the University of Minnesota serve as counselors at all Technique Camps, as well as regional all-star talent at locations across the country. Our premier roster of coaches and wrestlers will train side-by-side with camp athletes and lead by example with the discipline and work ethic that are the foundation of J Robinson Camps.

The daily schedule will consist of 3 on-mat training sessions that offer campers a variety of work-out partners based on age and ability—all in small group settings. Each evening, our Technique Camps will feature a different special guest who will deliver a seminar on topics such as mental attitude, perseverance, goal setting, leadership, developing a personal philosophy, coping with adversity, and more.

Technique Camps are ideal for wrestlers 8-18 years of age.

Washington 5-Day Technique Camp

Northwest University

Kirkland, Washington

July 30 - August 3, 2017

Camp Fee: \$479 Dorm Residents | \$349 Commuters

Register: <https://www.cvent.com/events/wa-5-day-technique-camp-2017/registration-b9cad19fd7f741658047aac211e2d408.aspx>