



# OREGON STATE™

## WRESTLING



### **Big Man Camp:**

July 12-14, 2017

The Big Man Camp will focus on techniques most suited for upper weight wrestlers. We have excellent coaches to work with the campers on skills that will help them be successful on their feet and on the bottom and top positions.

Takedowns, controlling ties like underhooks, the two-on-one, snap-downs and go behinds will be emphasized from the neutral position. We will also focus on turns and pins and work hard on skills that will help you get off the bottom. This camp is geared toward high school age wrestlers from about 175 lbs. and higher. Register:

[https://thriva.activenetwork.com/Reg4/\(S\(um3owlqw52onswynu5nv0v45\)\)/Form.aspx?regkey=RpYOYPxE378wNjTYCKfkMw%3d%3d&qid=6177](https://thriva.activenetwork.com/Reg4/(S(um3owlqw52onswynu5nv0v45))/Form.aspx?regkey=RpYOYPxE378wNjTYCKfkMw%3d%3d&qid=6177)

Location: Oregon State University

Resident Camper:\$275   Commuter:\$150

### **Takedown Extreme Camp:**

July 12-14, 2017

This camp will focus on wrestling from the neutral position, concentrating primarily on leg attacks. We will work on hand-fighting and head position, controls and set-ups, leg-attacks and finishes. Wrestlers will get better from our systematic approach to neutral wrestling, combined with continuous drilling and repetition of wrestling on their feet. We will work hard on set-ups, attacks and finishes, and chain wrestling to take each camper's neutral wrestling to another level. Technique, drills, situations and live wrestling will all be encompassed in this camp. This camp is for all ages and size of wrestlers. Register:

[https://thriva.activenetwork.com/Reg4/\(S\(um3owlqw52onswynu5nv0v45\)\)/Form.aspx?regkey=RpYOYPxE378wNjTYCKfkMw%3d%3d&qid=6177](https://thriva.activenetwork.com/Reg4/(S(um3owlqw52onswynu5nv0v45))/Form.aspx?regkey=RpYOYPxE378wNjTYCKfkMw%3d%3d&qid=6177)

Location: Oregon State University

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### **Tilts, Turns, and Pins:**

July 10-12, 2017

This camp will focus on wrestling from the top position. We will work on everything from breakdowns to techniques to score points from the top position and get falls. Areas covered will be hip pressure, the tilt series, arm bars, leg rides and turns, crab rides, turks and transition turns off takedowns and overall domination from the top position. If you are looking to improve your top wrestling and put big points on the scoreboard, this camp is for you. Register:

[https://thriva.activenetwork.com/Reg4/\(S\(um3owlqw52onswynu5nv0v45\)\)/Form.aspx?regkey=RpYOYPxE378wNjTYCKfkMw%3d%3d&qid=6177](https://thriva.activenetwork.com/Reg4/(S(um3owlqw52onswynu5nv0v45))/Form.aspx?regkey=RpYOYPxE378wNjTYCKfkMw%3d%3d&qid=6177)

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