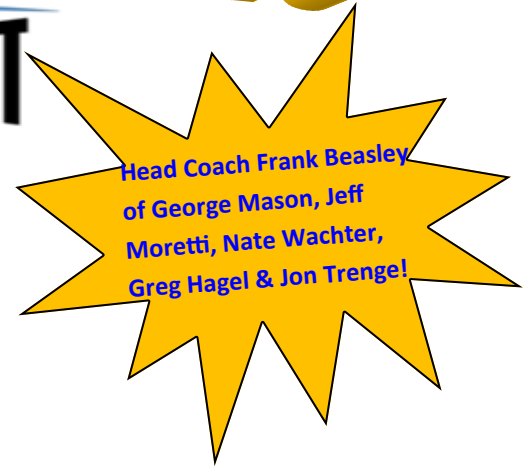


SUMMER CAMP 2018

WHIPPETS DOWNTOWN WEST WRESTLING



DOWNTOWN WEST HIGH SCHOOL

JULY 6TH & 8TH

BLOOMSBURG UNIVERSITY

JULY 7TH

Friday, July 6th - Downingtown West High School: Small Gym *All Ages Welcome* \$25.00

*Gym Opens at 8:00 am

9:00-11:30 **Head Coach, Frank Beasley of George Mason University**

12:30- 2.30 **Coach Frank Beasley**

3:00 - 5:00 **Jeff Moretti**

Tournament Prep, Goal Setting & Achieving Goals

- Lunch Provided for wrestlers by Downingtown West Booster Club / Wrestlers should bring snacks / drinks
- Downingtown West Wrestlers will shower at West and then Leave for Bloomsburg University Dual Team Tournament

Focus:

Hand Fight & Set Up

Leg Riding & Leg Defense

Saturday, July 7th - Bloomsburg University Dual Team Tournament *8th - 12th Grade* \$100.00

Coached by: Head Coach, Brad Breese Downingtown West High School

- Lunch will be provided by Downingtown West Booster Club / Wrestlers should bring snacks / drinks



VOLUNTEERS NEEDED TO DRIVE WRESTLERS TO BLOOMSBURG & BACK TO DOWNTOWN WEST HIGH SCHOOL

Sunday, July 8th - Downingtown West High School: Small Gym *All Ages Welcome* \$25.00

*Gym Opens at 9:00 am

"Mindset Following a Tournament"

10:00-11:45 **Greg Hagel - Creator of Lab Trained Athletes**

Fixing Mistakes & Reset Goals

12:15-2:00 **Nate Wachter, 2015 PAISAA Ast. Coach of the Year Malvern Prep**

Front Headlock/Front Head Defense

2:30-4:30 **Jon Trengel, Lehigh University - LVAC Coach Mentor**

Mat Wrestling - Top Control & Turns

Payment Accepted: CHECKS TO: DOWNTOWN WEST WRESTLING - WRESTLERS CAN GIVE THEIR CHECKS TO COACH BREESE AT PRACTICE

OR PAY ONLINE: www.VENMO.com: DOWNTOWN WRESTLING BOOSTER CLUB@DowningtownWrestling-BoosterClub