

HAWK

“Youth Takedown Machine Camp”

Date: Thursday, May 23 & Friday, May 24 (2019)

Grades: 1-8

Where: Cozad, NE: check-in downtown at HAWK Training Center (819 Ave. H)

Cost: HAWK Members: \$20

Non-HAWK Members: \$40



Time: 8:30-11:00 am both days

Clinician: Cozad Head Coach Derek Hammerlun

Top 10 Team Finishes: 2002,2003,2004,2005, 2006,
2013, 2014

State Medalists: 52, (5 state champions)

State Qualifiers: 119

Head Coach: Cozad Public High School (2005-2019)

Medicine Valley (1998-2004)

Central Nebraska Academy 2008-15

HAWK (2016-19)

Only 40 spots will be reserved for campers. This camp is designed for the serious youth wrestler, numbers will be kept low for more one on one teaching. Athletes grades 1-8 from Cozad and surrounding communities are welcome to attend. This camp is designed to meet the specific needs of youth aged wrestlers with an emphasis on neutral position fundamentals, having fun, and organized drilling and review sessions. Camp will end with short live go wrestling. Athletes will need wrestling apparel for two separate morning sessions of wrestling for both days. No Refunds will be given.

Schedule of Events

Day 1 Session

Check-In	8:00-8:30 am	Permission Slip/Camp Fee
Camp Rules & Expectations	8:30-8:40 am	
Session I	8:40-9:30 am	Fundamentals, Double & Single Leg
Break; Dodgeball	9:30-9:50 am	
Session II	9:50-11:00 am	Hi-C, Fireman's carry, live wrestling
Camp Meeting/Dismissal	11:00 am	Dismissal Home

Day 2 Session

Day 1 Review & Drill Session	8:30-9:00 am	Day 1 Fundamentals & Takedowns
Session III	9:00-9:30 am	Counter Offense; Front Headlock
Break; Dodgeball	9:30-9:50 am	
Session IV	9:50-11:00 am	F.H. Finishes, Drilling, & Live go's

How to register:

If you want to register for the camp, please remove this section of the brochure and mail the registration and a check in the amount of \$20 (HAWK Member) or \$40 (non-HAWK Member) to: HAWK (you may simply call/e-mail Coach Hammerlun to reserve spots as well.

Derek Hammerlun
Phone 1-308-325-3448
E-mail derek.hammerlun@cozadschools.net

Derek Hammerlun
2214 Papio Lane
Cozad, NE 69130

Name _____

Camp: Youth Takedown Machine Camp

Address _____

Date: Thursday, May 23 & Friday, May 24

City _____

School _____

State _____

Your Phone # _____

Parental Signature _____