

HAWK

"Ground & Pound Legger's Delight"

Date: Tuesday, June 11 (2019)

Grades: 4-12

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

Cost: HAWK Members: \$25

Non-HAWK Members: \$50



Clinician: 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 Wrestling Academy (2008-16)

HAWK (2016-19)

Note: Lunch is on your own; athletes may bring a lunch or their own money to eat downtown. Lunch will not be served at camp.

Only 40 spots will be reserved for campers. This is designed for the serious wrestler, numbers will be kept low for more one on one teaching. Attitudes should be positive, kids should come prepared for a long, hard day of wrestling. No Refunds. Students will need to bring their signed permission slips and payment needs to be made before they can compete at the camp. Athletes may shower at the school so bring towels if needed and two sets of workout clothes for morning and afternoon sessions. Camp will end in time for evening baseball games & travel.

Schedule of Events

Morning Session

Check-In/Warmup/Stretch

8:00-8:30

Warmup/Stretch

Session #1

8:30-10:10

Fundamentals/Full Body Rides

Break/Dodgeball

10:10-10:25

Session #2

10:30-12:00

Grapevine Rides, Setups, video

Break/Lunch

12:00-1:30

Lunch on your own

Afternoon Session

Session #3

1:45-3:15

Safe Leg Series/Aurora Ride

Break/Football

3:15-3:35

Session #4

3:40-4:45

Legs Live

Shower Up at school

4:45-5:00

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 \$25 (HAWK Member) or \$50 (non-HAWK Member) to: HAWK

Derek Hammerlun

Phone 1-308-325-3448

E-mail derek.hammerlun@cozadschools.net

Derek Hammerlun

2214 Papio Lane

Cozad, NE 69130

Name _____

Camp: Legger's Delight Camp

Address _____

Date: Tuesday, June 11

City _____

School _____

State _____

Your Phone # _____

Parental Signature _____