

HAWK

Drill Intensive Camp Series

Dominant Hand Fighting to Attacks & Counter Offense

Clinician: Derek Hammerlun (Cozad Head Coach)

Date: May 31, June 1, & June 2

Where: HAWK Training Facility, 819 Ave H., Cozad

Cost: HAWK Members: \$45, non-members \$75

Grades: 4-12

Description: Dominant Tie's/Heavy Hands into leg attacks, front headlock series, slipping tie's to attacks. Hand Fighting skills into scoring.

Contact: (Coach Hammerlun) 308-325-3448 or derek.hammerlun@cozadschools.net

a lunch or their own money to eat downtown. Meals will not be served at camp so bring food.

Schedule of Camp Events

Friday Evening (Session I)

Check-In/Warmup/Stretch	6:00-6:30 pm	
Camp Rules & Regulations	6:30-6:45 pm	
Session I	6:45-9:00 pm	F. Headlock, Stalk & Snap, Drill/ Live

Saturday (Sessions 2-4)

Morning Wake Up Call & Jog	7:00 am	Downtown Cozad
Breakfast	8:00 am	
Session II (morning session)	9:00-11:00 am	Inside Tie Series, Steiner Series
Lunch	12:00 noon	
Session III (afternoon session)	2:00-3:45 pm	2 on 1 Tie, Underhook, slipping tie's
Supper	5:30 pm	
Session IV (evening session)	7:00-9:00 pm	Elbow Binds, Drilling/Live Wrestling

Sunday Morning (Sessions 5 & 6)

Morning Wake Up Call & Jog	7:00 am	Downtown Cozad
Breakfast	8:00 am	
Session V (early morning session)	9:00-10:30	Review drill session/slipping tie's
Session VI (Final session)	11:00-12:00 noon	Live Wrestling Session

Camp Notes

First 50 spots will be reserved for campers. This is a fully intensive wrestling camp, make sure your son/you as an athlete understand this camp is a no frills, fundamentally sound camp designed to create a learning environment that helps you achieve the goal of becoming a dominant wrestler. This camp will be both fun and fulfilling for any athlete who completes their training but it will be hard work so be prepared mentally. No Refunds.

Wrestler Checklist for Camp

- *sleeping bag, pillow, blanket
- *toiletries; toothbrush, comb, deodorant, etc.
- *Workout clothes for 6 different wrestling sessions (wrestling shoes, etc)
- *towels & shampoo
- *running attire; shoes, sweats/shorts, socks, etc.
- *meal money (pop machine takes \$1 bills)
- *cooler w/food, your name
- *Camp check & signed permission slip for check-in

Camp Notes

- *Bring a cooler & money for food (pop machine
- *kids can walk to local grocery store to replenish coolers; bring money
- *Pizza Hut, Casey's Pizza delivery can be ordered in the evenings
- *wrestlers will sleep in the facility on the mats with Coach Hammerlun & staff
- *wrestlers will be taken to local high school via school vans to shower after each session

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 _____
Address _____
City _____
State _____

Camp: HAWK Intensive
Date: May 31, June 1, June 2
School _____
Your Phone # _____

Parental Signature _____