

# HAWK

## *“Take Top: Leg Rides, Tilts & Turns Youth Camp”*

Date: Friday, July 19 & Saturday, July 20 (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

### Clinicians

Derek Hammerlun (Head Coach-Cozad) Riding 101

Brian Messersmith-State Champion-Leg Riding

Brandon Brill-State Champion-Tilts

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 top position fundamentals, having fun, and organized drilling, review & live sessions. Camp will end with short live go situational wrestling. Athletes will need wrestling apparel for two separate morning sessions of wrestling each day. Camp focus will be on top breakdowns & riding, leg riding, & tilts/turns. No Refunds will be given.

### Schedule of Events

#### Day 1 Session

Check-In/Camp Rules/Expectations	8:00-8:30 am	
Session I	8:30-9:30 am	Fundamentals of Riding, Leg's 101
*Break; Dodgeball	9:30-9:50 am	
Session II	9:50-11:00 am	Leg's: Pinning Combinations, Live
Camp Meeting/Dismissal	11:00 am	

#### Day 2 Session

Session III	8:30-9:00 am	Review Day 1 Session
	9:00-10:00 am	Technique: Tilts
*Break; Dodgeball	10:00-10:20 am	
Session IV	10:20-11:00	Tilts Continued, Live Situations

**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 call or 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 Take Top; Legs, Tilts & Turns

Address \_\_\_\_\_

Date: Friday, July 19 & Saturday, July 20

City \_\_\_\_\_

School \_\_\_\_\_

State \_\_\_\_\_

Your Phone # \_\_\_\_\_

**Parental Signature** \_\_\_\_\_