

HAWK



Haymaker Area Wrestling Klub All-Girls Wrestling Camp



When: Saturday, November 9

**Where: 819 Ave H, Cozad NE
HAWK Training Center**

Cost: \$45 (ages 7-18)

Time: 10:30 am-6:00 pm

Clinician: Derek Hammerlun

-Cozad Head Wrestling Coach

-5 State Champions

-47 State Medalists

-119 State Qualifiers

Camp Schedule

Camp Check-In	10:00-10:30 am	
Session #1	10:30-12:00 pm	Fundamental Skills
Lunch	12:00-1:30 pm	
Session #2	1:30-3:30 pm	Dominant Ties/Takedowns
Break	3:30-5:00 pm	
Session #3	5:00-6:00 pm	Bottom/Top; Live Wrestling

Information

*This is an all-girls only camp designed for newcomers as well as girls who are more experienced in the sport of wrestling. This camp will be a drill intensive camp designed for long term learning. We will show fundamental skills, neutral position, and basic moves with heavy drilling of repetitions on areas of the sport that are crucial to success.

Please contact Coach Hammerlun to reserve a spot at this camp. Our facility can hold up to approximately 40 athletes.

Coach Derek Hammerlun/contact info

308-325-3448

derek.hammerlun@cozadschools.net

2214 Papio Lane

or

Cozad,NE

Facebook

Please detach bottom form & return to Coach Hammerlun at Check-In

All-Girls Wrestling Camp: Saturday, November 9

Wrestlers Name: _____

School: _____

Parents Name: _____

Grade: _____

Parents Phone: _____

Athletes Signature: _____

Parent/Guardian Signature: _____