

## **Second Annual Christmas Break Camp**

Viking Wrestling Club is offering a Winter Break training opportunity while your opponents are taking a break! This will give your wrestler an opportunity to make some last minute adjustments before the second half of the season.

### **2018 Camp Dates**

#### **Wednesday Dec 26**

Session 1: 6:00pm- 8:00pm- **Attack Style**

- Stalking & Pressure
- Hands, Head, Down Blocking Defense
- Scoring from Front Headlocks

#### **Thursday Dec 27**

Session 2: 6:00pm- 8:00pm- **Skill Development**

- Breaking Opponents from the Top Position
- Bottom Chain Wrestling

#### **Friday Dec 28**

Session 3: 6:00pm- 8:00pm- **Intense Practice**

- High Pace Drilling- Dominating from neutral Position
- Re-Attacks to quick Takedowns- Taking hi-pace shots after ones mistake
- Sparring- Learning the skills how to spar will help bring everything together

### **Camp Information**

- Location: Grand View Wrestling Room (3839 East 14<sup>th</sup> street)
- Cost: \$120 for all three OR \$50 for one day
  - \*VWC members get 25% off
- Register: go to [www.vwc1.com](http://www.vwc1.com) to get registered.
- Grades: 3<sup>rd</sup>- 8<sup>th</sup> **Must Provide USA CARD**