

UNL TAKEDOWN CAMP: JUNE 24-26 6th-12th grade

Our Takedown Camp is geared towards wrestlers that want to improve on their feet. During the course of the camp each wrestler will learn set-ups to offensive and counter-offensive takedowns. We will spend time learning how to get through your opponent's head and hands, getting to your shots, and especially finishing your takedowns. We'll also learn to score from underhooks, two-on-one ties, and front headlocks.

Along with technical instruction our Takedown Camp will include live wrestling, sparring, and a Takedown Tournament to conclude the camp.

Pricing

RESIDENTS

\$285/Camper

COMMUTERS

\$225/Camper

Registration deadline for Takedown Camp is 6/1

Please complete the registration form below and mail to:

Nebraska Wrestling Camps

110 Hendricks Training Complex

Lincoln, NE 68588

Any questions? Please contact nebraskawrestlingcamps1@gmail.com

https://www.nebraskawrestlingcamps.com/files/ugd/e4c396_d40571bd5a554226934553d3b19b6de3.pdf