



Northwest Ohio Takedown and Turn Wrestling Camp

@ Oregon Clay HS: 5665 Seaman Rd. Oregon, Ohio 43616

FEATURING 2 –NCAA CHAMPIONS & 2 NCAA ALL-AMERICANS

June 10-14, 2013

Morning Session 9:00am – 2:00pm

Evening Session: 3:00pm – 8:00 pm

PURPOSE:

The purpose of this camp is to introduce upper level techniques to all aspiring wrestlers. One of the best times to train hard and develop technique is during the summer months. At this camp we would like to expose the athletes to all areas of wrestling, not just one phase, which is why one session each day will be devoted to mat wrestling. Takedowns will be covered during the first session while the second session will be spent learning how to wrestle from the mat in both the top and bottom position.

- Campers will learn the importance of proper drill on their feet as it pertains to High School & College Wrestling
- Campers will learn Tilts, Legs, Cradles, and Arm Bar series from some of the Nation’s best college wrestlers and coaches from the top position. (LEARN TO BE A HAMMER ON TOP!!)
- Campers will also be exposed to *FUNK or SPAGHETTI* wrestling techniques.
- Campers will learn the latest techniques to “get off the bottom”

Dates and times of former College and High School ALL –Americans who will be working out at this camp throughout the week:

Monday June 10 (9:00am – 2:00pm) (3-8pm)

LOGAN STIEBER - Ohio State Univ.

2012 NCAA Champion

Big Ten Champion @ 133lbs

World Team Member

4 x Ohio State Champion

FOCUS: Takedowns and Arm Bars.

Tuesday June 11 (9:00am – 2:00pm) (3-8pm)

HUNTER STIEBER - Ohio State Univ.

2012 NCAA All-American (4th Place)

Big Ten Champion @ 141lbs

4 x Ohio State Champion

FOCUS: Takedowns and Off Bottom work.

OTHER COLLEGE AND HIGH SCHOOL ALL-AMERICAN WRESTLERS WILL BE PRESENT AT THESE WORKOUTS TO HELP THE CAMPERS

Wednesday June 12 (9:00am – 2:00pm) (3-8pm)

NICK BEDELYON – Kent State Univ.

Asst Coach at Rider University

2x NCAA All – American @ 125lbs

2x MAC Champion @ 125

FOCUS: Takedowns, Riding, and Turns

Thursday June 13 (9:00am – 2:00pm) (3-8pm)

QUINTIN WRIGHT – Penn State Univ.

2011 NCAA Champion

3x NCAA All-AMERICAN @ 184lbs

2x Pennsylvania State Champion

FOCUS: Takedowns, Cradles & Funk Wrestling

Friday June 14 (9:00am – 2:00pm) (3-8pm)

NICK PURDUE – Ohio Univ.

Mid American Conference Champion

3x NCAA Qualifier @ 184lbs

2x Ohio State Champion

FOCUS: Takedowns and Legs on top

