

HAWKS ATHLETIC CLUB

FEET TO BACK CAMP

DATE AND TIME OF CAMP:

FRIDAY, JULY 20TH 9AM – 12 PM

SATURDAY, JULY 21ST 9AM - 12PM

VOLCANO VISTA HIGH

8100 RAINBOW RD. 87114

(IN THE VVHS WRESTLING ROOM)

FEE/PRICE: \$25 ON SITE PER WRESTLER (\$20 IF PRE REGISTERED)

CAMP DIRECTOR:

AHREN GRIEGO (VVHS HEAD COACH)

SPECIAL GUEST:

EDWIN COOPER (2X IL STATE CHAMPION, JUCO NATIONAL CHAMPION, D-2 NATIONAL RUNNER UP, UNIVERSITY OF IOWA NCAA QUALIFIER)



CAMP FOCUS:

- TACTICAL WRESTLING
- TAKEDOWNS
- MAT AWARENESS/MANAGING THE CLOCK
- HAND FIGHTING
- POSITIONING

NOTES

WE WELCOME ALL WRESTLERS IN NEW MEXICO TO COME AND LEARN A DIFFERENT OPINION AND PERSPECTIVE ON WRESTLING. THE LESSONS AND TECHNIQUES THAT WILL BE TAUGHT IS ESSENTIAL AT THE HIGHEST LEVELS OF HIGH SCHOOL AS WELL AS COLLEGE WRESTLING. WE GUARANTEE THAT YOUR WRESTLERS WILL LEAVE THIS CAMP WITH A HIGHER IQ OF WRESTLING AND TECHNIQUE. PLEASE RSVP WITH COACH GRIEGO ahren.griego@aps.edu