

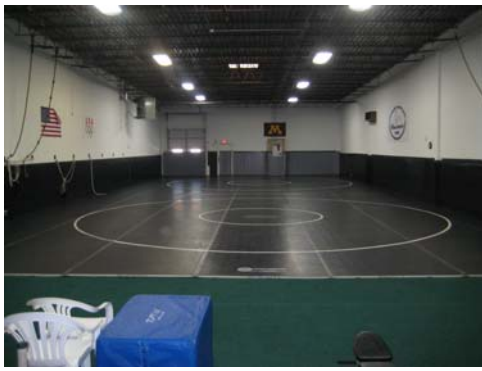
Focus Camps

Other than our Summer Youth Camp, we will be offering camps that will focus on technique in a certain area. Our year long program focuses on basic technique and the idea of muscle memory with lots of repetition. There is still so much technique yet to be discovered. These camps are set up to cover all aspects of a certain area of technique. This is the chance to get exposure to a lot of technique. There will be 2 practices each day for 2hrs, with plenty of time in between for a little fun.

July 5th 9AM - 4 PM	July 9th 9AM - 4PM	August 5th 9AM - 4 PM
Focus - Defense from feet	Focus - Pinning on mat	Focus - Low Singles
\$40 09/10 pinnacle wrestlers	\$40 09/10 pinnacle wrestlers	\$40 09/10 pinnacle wrestlers
\$60 non-pinnacle wrestlers	\$60 non-pinnacle wrestlers	\$60 non-pinnacle wrestlers

PINnacle coaches Jared Lawrence and Brandon Paulson will be running these camps. Between the two of us, we have coached at the Olympic Games and NCAA Div. 1 National Championship teams.

- Location: PINnacle Facility
- Bring Lunch
- All wrestlers must have a current USA Wrestling Card
- 9-11 AM - Technique
- 11-2 PM – Go to Park and Lunch
- 2-4 PM – Technique



Email: pinnaclewrestling@gmail.com
Website: www.pinnaclewrestlingschool.com Registration on camp page
Phone Number: 612-889-7378