

Xcellerate in 08

**BONNEY LAKE HIGH SCHOOL
FUND-RAISER
WRESTLING CAMP**

2 GREAT DAYS OF WRESTLING

Bonney Lake High School

10920 199th Ave. Ct. E.

Bonney Lake WA 98391

Sat. – Sun. Sept. 13-14 9:00 am – 4:30 pm

SAT.

LET'S GET VERTICAL

- LEARN the art of the Stand-up.
- LEARN the 5 Vertical Body positions.
- LEARN the basics needed to master them all

SUN. TIRED OF BEING RIDDEN?

- LEARN 5 basic rides and how to stop them.
- LEARN how to stop the legs from these 5 rides.
- LEARN how to stop the devastating force nelson before and after it is on.

Let *Hall of Fame coach Marc Sprague*, with nearly 40 years of coaching and motivating wrestlers of all levels, teach you the offensive basics of getting vertical every time. He will also show you offensive drills and basics of Rides and defensive drills to counter them.

Preregistration is \$89.50 and \$98.50 at door. **To Register**, Contact Sumner Parks and Recreation Department at (253) 891-6500. Make checks payable to *Sumner Parks and Recreation Department*.

Hurry as space is limited. Bring your lunch and a friend. No videos please.