

WRESTLING PRE-SEASON TRAINING CAMP

**Get one week ahead of the competition!!!!
Come into season sharp and ready to wrestle!!!**

**When: November 9-12
Time: 6:00pm-7:30 pm
Where: Chiawana High
School Wrestling Room**

**ONLY \$45
FOR 4 DAYS OF
WRESTLING**

Clinic Coaches

Shaine Jaime

- 2X NCAA All-American
- Washington State Champion
- Coach at Cumberland College
- Coach at Grand Canyon University

Jordan Anderson

- NJCAA National Qualifier
- North Idaho College Starter
- 2X Washington State placer (3rd,3rd)

Tito Pimental/YVCC staff

- Head coach Yakima Valley Community College
- College All-American

- ♦ Train with some of the best wrestlers in our area.
- ♦ Learn from some of the best college wrestlers and coaches in the state.
- ♦ Get in tons of live drilling.

Sessions include:

- ⇒ **Technique**
- ⇒ **Hard Drilling**
- ⇒ **Multiple repetitions**



REGISTER BY SENDING \$45 PAYMENT & REGISTRATION FORM BY NOVEMBER 1ST TO:

Jack Anderson
5804 Austin Court
Pasco, WA 99301
Contact Jack Anderson at (509)845-9927 or
Email- jaanderson@psd1.org

**HURRY AND REGISTER-
LIMITED SPACE
AVAILABLE**

Schedule:

Monday- Basic takedowns and drilling on your feet

Tuesday- Setups to takedowns/drilling

Wednesday- Top position/drilling

Thursday- Bottom position and top/bottom situations

Wrestling Pre-Season Training Camp

Registration Form

Name _____

School _____

Grade _____

Phone Number _____

Contact in case emergency:

Phone number _____

Emergency information:

Cost: \$45 Check, Cash, Cashier's Check, etc.

Make checks payable to Chiawana Wrestling

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