

Dan Hicks' Quasi-Vertical Wrestling Camp

THE MOTIVATION

Pac-10 Duals Champs in 2008!!!

Here is what we do to win.

QUASI-VERTICAL POSITION!! You have to be able to escape from anyone.

*You will learn how to have an **attacking style** without giving up points.

*Learn about the **High-Single Series** so you can have a single-leg to both sides!!!*

We will talk about what it takes to wrestle at a D-1 school. CSUF is a Regional Olympic Training Center for USA Wrestling. Our schools allow out-of-state students who train at a Olympic Training Center to have in-state residency from their initial enrollment as freshman. Come to the clinic to hear about this new opportunity.

THE COACHES

DAN HICKS

>HEAD COACH

CAL STATE FULLERTON TITANS

>2X NCAA NATIONAL CHAMPION

>2X PAC-10 CHAMPION

>VOTED WRESTLER OF THE DECADE FOR 142LB CLASS

What to bring: Backpack to hold food, etc.
Workout shirt & shorts, underwear (no boxers), shoes, wrestling shoes and socks.
Your own snacks and bottles of water.

QUESTIONS CALL

Becky Giles

Sumner/ Bonney Lake Parks and Rec.
253-891-6500

becky_giles@sumner.wednet.edu

Dan Hicks

Head Wrestling Coach

Cal State Fullerton & Titan Wrestling Club

714-222-4395 dhicks@fullerton.edu

Friday, October 15th

SESSION I 6:00pm- 8:00pm

Saturday, October 16th

SESSION II 9:00 am -12:00pm

LUNCH 12:00pm-1:00pm

- Bring a Lunch and drinks

SESSION III 1:00pm -4:00pm

ADVANCED WRESTLERS LIVE WRESTLING SESSION4:00-5:00pm

\$60 per wrestler for all day.

For Sale: Cal State Fullerton Shirts \$15

Coaches attend free!!

Make check payable to:

Sumner/Bonney Lake Recreation Department
1202 Wood Ave.
Sumner, Wa. 98391

Cal State Fullerton Wrestling

Quasi-Vertical WRESTLING CAMP



October 15th-16th

Bonney Lake High School

10920 199th Ave. Ct. E.

Bonney Lake, WA 98391

Anthony Clarke Head Coach

(253) 862-1149

Fax (253) 891-6515



Morgan Atkinson 2x Pac-10 Champion 07 & 08

REGISTRATION

October 15 & 16, 2010

Name _____

Date of Birth _____ Wt. _____

Address _____

City _____

High School _____

Emergency Phone# _____

In case of injury or necessary emergency, medical treatment
Is authorized.

Parent/Guardian (Please Print)

Summer/Bonney Lake Recreation Department Hold Harmless

I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury, I do hereby waive all claims of legal actions, financial or otherwise, against the City of Sumner, the City of Bonney Lake or the Sumner School District. In absence of signature, payment of fee and participation in the program shall constitute acceptance of the conditions set forth in the release. I grant full permission to use any photographs, video tapes, motion pictures, recordings, or any other records of this program for promotional purposes.

Parent/Guardian or over 18 participant's signature

*Not a School District sponsored event.

Special emphasis in this clinic will be collegiate down wrestling techniques called the **Quasi-Vertical** position. We have developed a system of escaping and reversing our opponent that can give wrestlers young and old confidence that they can score from the down position. You will learn how to beat the leg ride, spiral ride and tight waist tilts that are used by the best wrestlers. Also, extensive time on the **High-Single** series to replace the **High Crotch**. Finishes for low level attacks that are working at the collegiate level. **Special emphasis** will also be given to an attacking style of wrestling in the neutral position and learning to be a pinner. If you are confident you can get away from anyone then you will be able to be more aggressive on your feet. We want to wear out our opponent with a relentless pursuing style. Get the pin.

Our motto at Titan Wrestling is "STALK'EM, BREAK 'EM, BONUSPOINTS". **Special emphasis** will also be given to Total Performance Wrestling. We will discuss how to perform at your best, how to be a winner every time you compete, and psychological skills needed to reach your personal goals. Wrestling is fun and has many lessons to teach that can be carried over into life.

All ages will benefit from this clinic.