

Northwest Ohio Takedown and Turn Wrestling Camp

Sponsored by Lake Erie Wrestling Club (LEWC)

@ Oregon Clay HS: 5665 Seaman Rd. Oregon, Ohio 43616
July 16-20, 2017 9:00am - 2:00pm (Sunday-Thursday)

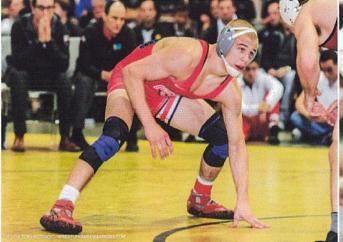
Cost: \$125.00 per athlete

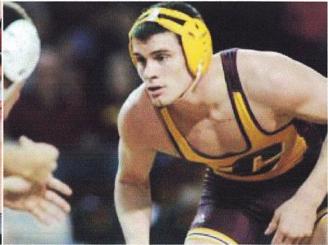
Clinicians:

Isaac Jordan- 3x OH HS State Champion, 2x Big Ten Champion, 4x NCAA All American Ryan Cubberly- 4x OH HS State Place Winner, Central Michigan University Assistant Coach Bo Jordan- 4x OH HS State Champion, Big Ten Champion and National Runner Up Micah Jordan- 4x OH HS State Champion, 2x Cliff Keen Champion, NCAA All American Jake Herbert- 09 World Bronze Medalist, 2x NCAA Champion, 2012 Olympian

More Details Contact:

Ralph Cubberly- Rcubberly@oregoncs.org Eric Cubberly- Ecubberly@gmail.com









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PURPOSE:

The purpose of this camp is to introduce upper level techniques to all wrestlers in Northwest Ohio. One of the best times to train hard and develop technique is during the summer months. At this camp we would like to expose the athletes to all areas of wrestling, not just one phase, which is why one session each day will be devoted to mat wrestling. Takedowns will be covered during the first session while the second session will be spent learning how to wrestle from the mat in both the top and bottom position.

- · Campers will learn the importance of proper drill on their feet as it pertains to High School & College Wrestling
- Campers will learn Tilts, Legs, Cradles, and the Claw series from some of the Nation's best college wrestlers and coaches from the top position. (LEARN TO BE A HAMMER ON TOP!!)
- Campers will also be exposed to FUNK or SPAGHETTI wrestling techniques.
- · Campers will learn the latest techniques to "get off the bottom"

Dates and times of former College and High School ALL -Americans who will be working out at this camp

Sunday July 16, 2017
**ISAAC JORDAN— University of Wisconsin
NCAA Runner-up
4x NCAA All-American

4x NCAA All-American 2x Big Ten Champion 3x Ohio State Champion

FOCUS: Takedowns, Breakdowns, and Turns

Monday July 17, 2017
**RYAN CUBBERLY - Central Michigan University

Central Michigan University Assistant Coach Mid American Conference Placer

4x Ohio Div. II State Placer (3,2,2,3)

Multi time Fargo Cadet & Jr. National All-American FOCUS: Takedowns, Tilts, and Getting Off Bottom

Tuesday July 18, 2017

**BO JORDAN - Ohio State University

NCAA Runner-up 2017

3x NCAA All- American

3x Big Ten Finalist - 1x Champion

4x Ohio State Champion

FOCUS: Takedowns, Riding, Turns, and Pinning

Wednesday July 19, 2017

**MICAH JORDAN - Ohio State University

NCAA All-American

Big Ten Finalist

2x Cliff Keen Invitational Champion

4x Ohio State Champion

FOCUS: Takedowns, Breakdowns, and Turns

Thursday July 20, 2017

**Jake Herbert - Northwestern University

2012 Olympian

World Bronze Medalist - 2009

2x NCAA Champion & Hodge Trophy Winner

4x NCAA All-American

3x Big Ten Champion

Pennsylvania State Champion

FOCUS: All Wrestling Techniques

DAILY CAMP SCHEDULE: EACH DAY A NEW COUNSELOR WILL BE IN ATTENDENCE

9:00 - 11:00 am - TAKEDOWNS: Set ups/Leg attacks/takedowns - live and drill

11:00 - 12:00 pm - Break - bring a sack lunch and drink*

12:00 – 2:00 pm – TOP: Claw, Tilts, Legs, Bars and Cradles – live and drill BOTTOM: Concentrate on getting off bottom/leg defense – live and drill

COST: \$125.00

WHERE: Oregon Clay HS gym: 5665 Seaman Rd. Oregon, Ohio 43616

CONTACT: Ralph Cubberly at 419-350-2697 or e-mail RCubberly@oregoncs.org
Eric Cubberly at 419-349-3561 or e mail ECubberly@gmail.com

THE ONLY WAY TO RESERVE YOUR SPOT IN THIS CAMP IS TO SEND IN FULL PAYMENT ALONG WITH COMPLETED REGISTRATION FORM and EMERGENCY MEDICAL FORM!!

REGISTRATION: Make checks payable to:

Lake Erie Wrestling Club (LEWC) Send to: Ralph Cubberly 6453 Devils Hole Rd Pemberville, Ohio 43450

FILL OUT ENTIRE REGISTRATION FORM FOR CONTACT REASONS Print Name______ Birth Date_____ Address_____ City____ State_____ Zip_____Grade _____ Phone # _____ School Valid Email_____ LIABILITY RELEASE I, the undersigned, individually and as a parent/guardian of ____ that he/ she be admitted to participate in the Northwest Ohio Takedown and Turn Wrestling Camp sponsored by Lake Erie Wrestling Club (LEWC). I do hereby agree to release, discharge and hold harmless the Oregon City School District and administration, all camp clinicians including Ralph Cubberly, Ryan Cubberly, Eric Cubberly, Micah Jordan, Bo Jordan, Isaac Jordan and Jake Herbert of all causes, liabilities, and damages, claims, or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the Northwest Ohio Takedown and Turn Camp sponsored by Lake Erie Wrestling Club (LEWC), or in the course of competition held in connection with this event. Camper's Printed Name Parent/Guardian's Printed Name Camper's Signature Date Parent/Guardian's Signature

10 - Two-hour sessions for only \$125.00 per camper!