

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

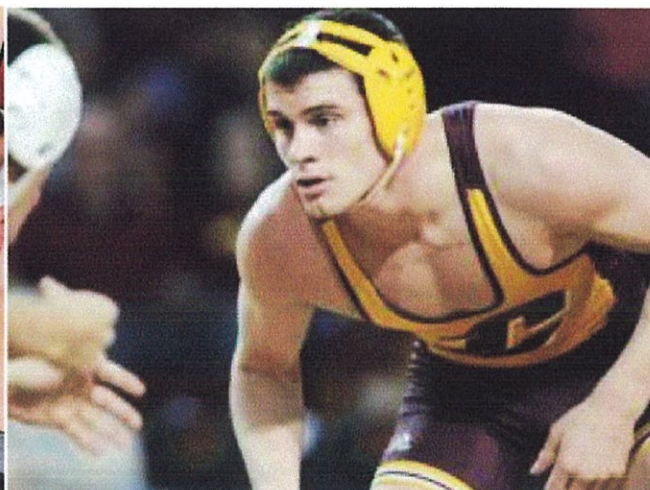
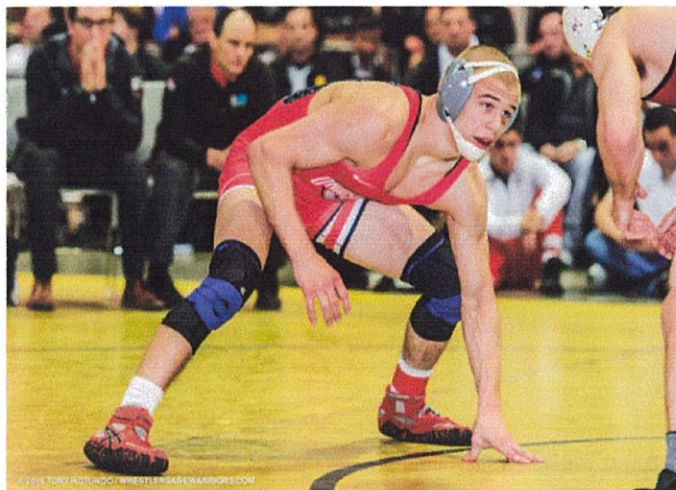
Micah Jordan- 4x OH HS State Champion, 2x Cliff Keen Champion, NCAA All American

Jake Herbert- 09 World Bronze Medalist, 2x NCAA Champion, 2012 Olympian

More Details Contact:

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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

2x Big Ten Champion

3x Ohio State Champion

FOCUS: Takedowns, Breakdowns, and Turns

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

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

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 ATTENDANCE

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

