

The Wyckoff Family YMCA presents

Summer Wrestling Camp

Ages 7-15

6-9pm

June 28-July 2 (Mon-Thurs), July 6-9 (Tue-Fri), July 12-15 (Mon-Thurs)

\$125/1 week

\$220/2 weeks

\$300/3 weeks

Registration is ongoing
At the
Wyckoff Family YMCA



Directed by Anthony Petrock, Head Wrestling Coach at Ramsey High School, NCAA Div I Wrestler at East Stroudsburg University

Week 1:

Experienced Wrestlers—will be taught proper shooting technique, offensive takedowns from their feet (i.e., Hi-c, singles, front headlock, etc.), pinning combinations from the top position, and escapes from the bottom.

Novice (less than two years' experience) - will be taught proper stance and maintenance, shooting technique, basic offensive takedowns (i.e., double leg, hi-c, and single leg), pinning combinations from top positions (i.e., wrist and half, arm bars), and escapes from the bottom.

Week 2:

Experienced Wrestlers—Will be taught proper defensive techniques from their feet, shot defense (i.e., wizzer, front head and arm, crossface), tilts from the top position and legs, and gramby series from bottom.

Novice—will be taught basic shot defense from their feet, switches and sit out series from bottom, ball and chain, and turk series from top.

Week 3:

Neutral position: All tie ups (Russian, over hook, under hook, etc.) and control positions from neutral, takedowns to back points, all throws (head lock, lateral drops, etc.), scramble positions off of takedowns.

Top/bottom positions: standups to switches, switches to high turns, escapes to takedowns, reversals to backpoints; all pinning combos (wrist and half, cradles, arm bars, turks, etc.) controlling the opponent from the top position and match strategies.



Not a school-sponsored activity, not necessarily endorsed by the Board of Ed

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