



Northwest Ohio Takedown and Turn Wrestling Camp

@ Oregon Clay HS: 5665 Seaman Rd. Oregon, Ohio 43616

Camp Counselors: 2x NCAA Champion Logan Stieber and 2x NCAA All-American Hunter Stieber

June 16-19, 2014 9:00am – 2:00pm

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 throughout the week:

Camp Counselors:

Monday June 16, 2014

****HUNTER STIEBER - Ohio State University**

2x NCAAA All- American

2x Big Ten Champion

4x Ohio State Champion

FOCUS: Takedowns and Escapes.

Wednesday June 18, 2014

****DREW LASHAWAY – Kent State University**

Mid American Conference Champion

2x NCAA Qualifier

Ohio State Champion

Assistant Coach @ Massillon Perry HS

FOCUS: Takedowns, Riding, Turns, and Pinning

Tuesday June 17, 2014

****LOGAN STIEBER - Ohio State University**

2x NCAAA Champion

2x Big Ten Champion

World Team Member

4x Ohio State Champion

FOCUS: Takedowns and Turns (Bar Series)

Thursday June 19, 2014

****RYAN CUBBERLY – Central Michigan University**

Ashland University Head Assistant Coach

MAC Placer

4x Ohio State Placer (3,2,2,3)

Multi-time Fargo All-American

FOCUS: Legs Turns, Arm Bars, and Leg defense

TENTATIVE 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

OVER

