

2023 Westmoore Wrestling Camp

WHEN - June 6 – June 8 – 8:00am – 11:00am – Door 22 will open daily at 7:30am. (Lunch will be served 11:00 – 11:30 daily); lunch is included in your camp fees - Lunch example (Pizza, Fruit, Drink)

WHERE – Westmoore High School – 12613 S. Western Ave. Wrestling Room – Enter Door 22

WHO – Girls and Boys (1st – 8th Graders) 2023 -2024 School Year

COST - \$100/Camper or \$150/Family – Make Checks Payable to Moore Athletics – Early Registration ends Friday, May 19th, 2023. MPS Students are encouraged to make payment via MY PAYMENTS PLUS

Camp Goals

Our goal for this camp is to introduce our campers to the drills and techniques that have produced many State Champions, State Placers, State Qualifiers, College All Americans and High School All Americans.

Technique and Fundamentals

- Feet – **Stance, Motion, Level Change, Penetration Step, Power Step** (We will learn our 5 Numbers of stance and motion 1. Down Block, 2. Shot, 3. Sprawl, 4. Sprawl to Outside Leg Stand up, 5. Sprawl to Change Over.
- Feet – **Offensive Wrestling** - We will learn the Fundamentals of **Westmoore Wrestling's EIGHT (8) Takedown System** (High C, Sweep Single, Right-Hand Reach, Left Hand Reach, Inside Carry, Outside Carry, Double Leg and Go Behind)
- Feet – **Defensive Wrestling** – Focus on “back hand” – 1) sprawl or snap to “Samurai Drill” 2) Sprawl or Snap to “short arm”, Head and hands defense.
- Bottom Wrestling – **Offensive Bottoms Positions** - 1) Outside leg stand up, 2) Change over, 3) Short sit position, 4) Switch position, 5) Jag Roll; **Defensive Bottom Positions** – 1) Controlling hands, 2) Clearing hands, 3) Controlling Position (adjusting to spiral and chops). 4) Building base from stomach.
- Top Wrestling – Focus on top will be applying forward pressure and maintaining constant pressure to secure turns and tilts.
- Top Wrestling – 1) **Five Star Pin Drill**; 2) **Cross Wrist Series**; 3) **Baseball Series**, 4) **Chicken Wing Series**
- **Decision Making/Mat Awareness** – We will also have lessons and drills that will focus on the following: 1) Mat Boundaries and Edges; 2) Short time/Tough Time offense and Defense... etc.

Camp will be conducted by the Westmoore HS Wrestling Coaching Staff and present/former Jaguar Wrestlers. We will also have guest clinicians throughout the camp!

How to Enroll:

Mail a \$50 non-refundable deposit or send the full payment of \$100 (individual) or \$150 (Family) by Friday, May 19th 2023. MPS Students are encouraged to pay through MY PAYMENTS PLUS

Camp registration forms will be available the first day of camp; Tuesday, June 6, 2023.

Contact Coach Will Evans for questions: 918 549 8443

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