

SUMMER 3-STYLE HAMMER CAMP



SATURDAY, AUGUST 1, 2020

ABOUT THE TRAINING

Clinicians will be Ty Pelot and Scott Pelot. This camp is designed to bring in the best wrestlers to prepare them for the upcoming STATE Events. WE will train all three styles at this camp. A majority of the time will be LIVE wrestling & situational LIVE. Technique taught will be wrestler driven (likely situational positions). To be eligible for this clinic, Youth wrestlers must have been a State qualifier in 2019, High School wrestlers must have qualified for sectionals. Any wrestler in these age groups that were USAW All-Americans in 2019 get a spot as well. Additionally any wrestler that won a National Event in the past year qualifies as well(Any of the 3 styles qualifies you). FOR wrestlers not eligible, you will be put on a waiting list and will fill spots if available. Notification will be by JULY 25. Limited to 70 wrestlers.

TOP WORKING wrestler will receive A HAMMER AWARD chosen by the XFE staff.

Questions?? Contact Scott Pelot by Email red1october@comcast.net or call 920-901-5000.

Send checks payable to: X-Factor Elite 2302 S. 22nd St., Manitowoc, WI 54220

TRAINING DETAILS

AGES: Birth Year 2012 to 2000

COST: \$40.00

Location: X-Factor, 120 S. Eighth Street, De Pere, WI 54115

Schedule: Saturday, August 1, 2020

Check-in (8:30am-9:00am)

Session 1 (9:00am-10:45am) Freestyle Technique/Drill & LIVE

Session 2 (11:00am-12:30pm) Greco Technique/Drill & LIVE

Session 3 (1:00pm-3:15pm) Folkstyle Technique/Drill & LIVE

Name _____ Age _____ DOB _____ Weight _____

Parent(s) names _____

Main phone # _____ Secondary # _____

Address _____

Email address _____ *required

School district you attend _____

2019-20 USA Card # _____ Grade _____

CREDITIALS _____ * required