

CARR WRESTLING ACADEMY SUMMER SPECIALITY CLINICS

**Built to Tilt
May 24, 2014**

This clinic will focus how a wrestler can dominate on while in the top position. These sessions two main areas of wrestling; breaking your opponent down and turning your opponent.

**From the Bottom to the Top
June 14, 2014**

This clinic will focus on how a wrestler can score escapes, reversals, and defending the legs. Both of these clinics will focus on various areas of wrestling that combined will help improve give a wrestler a winning edge. Both of these clinics will include live wrestling, drilling and technique.

Schedule

Registration	9:30 a.m.
Session I	10:00 a.m. -12:00 p.m
Lunch	12:00 p.m.-1:00 p.m.
Session II	1:00-3:00 p.m.
Open Mat	3:00-4:00 p.m. (optional)



Location

2080 Mercer Rd Suite E
Lexington, KY 40511

Registration Information

Go to carrwrestlingacademy.net
and click on camps.

Cost \$40 per clinic

Limited to 26 Wrestlers

For questions email
carrwrestlingacademy@gmail.com



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