



## Skills and Drills Wrestling Camps

2011

### \*Featuring\*

#### **Joe Dubuque**

2X NCAA Div. 1 National Champion  
All-American (2004)  
2X New Jersey State Champion  
High School National Champion (2001)  
Current Assistant coach for Indiana University

#### **Mike DeHart**

2001 Bronze Medalist at Fila Masters  
World Championships, CH  
3X USA Masters National Champion  
2X USA Masters World Team  
20 Years of coaching experience

#### **Scott Goodpaster**

Founder and Director of Cincinnati Functional Fitness (CFF)  
Certified strength and conditioning specialist  
Certified USA weight lifting sports performance and club coach  
Nationally recognized in the field of strength and conditioning for wrestlers

\*\*\*This year's preseason camp will host outstanding coaches and wrestlers. I've designed this camp to make you a more **technical** and **aggressive** wrestler. We will go over how to be in perfect position, set-ups to high percentage takedowns, match ending throws, defense/counter attacks, how to successfully hold an opponent down and turn him, and how to combo wrestle from the bottom.

\*\*\*We will also cover dieting, flexibility, strength & conditioning, and how to focus and be **mentally tough** when it counts. My goal for this camp is to share with you the tools it takes to become a championship wrestler. I've been involved with wrestling for 20 yrs and am committed to helping wrestlers reach and exceed their goals.

\*\*\***Camp is open to any and all wrestlers.**

**WHEN-** October 15<sup>th</sup> and 16<sup>th</sup> (Sat. & Sun.)

**WHERE-** Cincinnati Elder H.S  
3900 Vincent Avenue Cincinnati,  
OH 45205

**COST-** \$99 per camper  
Team discounts available for 5 or more wrestlers registering together.  
\$89 Early Register ( OCT 8<sup>th</sup>)

Camp price includes 2 meals with 10hrs of instruction and will be closed after 50 wrestlers.

#### **Schedule**

##### **Saturday-**

10:00- 11:00 Check-in  
11:00- 1:00 Sessions 1  
1:00 - 2:00 Lunch & Scott Goodpaster  
2:00 - 4:00 Session 2

##### **Sunday-**

11:00-1:00 Session 3  
1:00-2:00 Lunch & Video  
2:00-4:00 Session 4

**Make Checks Payable to:**  
**Nick Spatola**  
**40 West Crescent**  
**Woodlawn, KY 41071**

**For Questions:**  
**513-460-6154**  
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**Facebook.com/spatolawrestling**