



# JULY 19TH WRESTLING CLINIC

The focus of this clinic will be snap downs and shots. Come to work on your set ups, take downs and work on your ability to control you opponent from your feet.

**First Session 9:00am -11:00am**

**Break: 11:00am-11:11:30am**

**Second Session: 12:00 – 2:00pm**

Please bring your own food and drinks.

If you plan on attending please email Tyson Knieirm at [tknierim@ramonausd.net](mailto:tknierim@ramonausd.net), or text/call 760-443-0637.

HEAD CLINICIAN  
NATHAN  
TOMASELLO

—  
USA CARD  
REQUIRED  
—

\$80 CASH OR  
CHECK WRITTEN  
TO "RAMONA  
HIGH SCHOOL  
WRESTLING

—  
CLINIC WILL  
TAKE PLACE IN  
THE "OLD GYM".  
THIS IS LOCATED  
AT THE CENTER  
OF CAMPUS.

RAMONA HIGH  
SCHOOL

1401 Hanson Lane  
Ramona, CA 92065