## **FULLERTON WRESTLING CAMP**

"I Am A Champion!"

July 16-18, 2021

www.fullertonwrestlingcamp.com

# COUNSELORS

ph: 800-643-7842

#### Anthony Robles (Fri. 16<sup>th</sup>)

NCAA Champion – ASU 3X NCAA All American Most Outstanding Wrestler Motivational Speaker and Nike Athlete

Author of "Unstoppable – From Underdog to Undefeated – How to Become a Champion"

#### David Carr (Sat. 17th)

Iowa State University
2021 NCAA Champion
2021 Hodge Trophy Finalist
2021 Big 12 Champion
2021 Big 12 Wrestler of the Year
2019 Junior World Champion
5X High School State Champion

(Sun. 18<sup>th</sup>) Arnold Alpert – Session 1

Lyndon Campbell - Session 2

FWC Camp Counselors – Session 3

# NEW LOCATION

# Genuine Volleyball Complex

1223 Avenida Chelsea Vista, Ca 92081

#### 3-Day Commuter Camp Cost:

\$200 - Pay in Full by July 3rd.

\$100 - Deposit required to hold spot. (No refund after June 15<sup>th</sup>, 2021)
\*Register at: *Fullertonwrestlingcamp.com* 

#### **Camp Tuition Includes:**

- · Daily Technique Sessions & Training
- Camp T-shirt
- Camp Water Bottle

#### **Commuter Drop Off / Pick Up:**

- Drop Off 9:00 a.m.
- Pick Up 5:00 p.m.

#### Check In:

Friday, July 16<sup>th</sup>, 2021 9:00 a.m. – 10:00 a.m.

#### **Daily Schedule:**

9:00 a.m.
Commuter Drop Off
9:30 - 11:30 a.m.
First Session - Technique
Lunch & Games
1:00 - 2:30 p.m.
Second Session - Technique
2:30 - 3:00 p.m.
Mental Visualization & Break
3:00 - 4:45 p.m.
Third Session - Review & Live Wrestling
5:00 p.m.
Commuter Pick-up

### What to Bring:

Wrestling Shoes
Running Shoes
Workout Shorts and t-shirts*
Hand Sanitizer / Body Wipes
Towel
Gear Bag
Snacks
Drinks
Money for Camp Store

### Preparing for Camp:

- Run Daily
- Wrestle Daily
- · Free of skin diseases.
- \* Every wrestler will be skin checked prior to camp check in.

#### FWC CAMP STORE

Camp apparel, snacks, and drinks will be available for purchase. CAMP APPAREL SELLS OUT QUICKLY!