

2023 Westmoore Wrestling Camp

WHEN - June 6 – June 8 – 8:00am – 11:00am – Door 22 will open daily at 7:30am. (Lunch will be served 11:00 – 11:30 daily); lunch is included in your camp fees - Lunch example (Pizza, Fruit, Drink)

WHERE – Westmoore High School – 12613 S. Western Ave. Wrestling Room – Enter Door 22

WHO – Girls and Boys (1st – 8th Graders) 2023 -2024 School Year

COST - \$100/Camper or \$150/Family – Make Checks Payable to Moore Athletics – Early Registration ends Friday, May 19th, 2023. MPS Students are encouraged to make payment via MY PAYMENTS PLUS

Technique and Fundamentals

- Feet – **Stance, Motion, Level Change, Penetration Step, Power Step** (We will learn our 5 Numbers of stance and motion 1. Down Block, 2. Shot, 3. Sprawl, 4. Sprawl to Outside Leg Stand up, 5. Sprawl to Change Over.
- Feet – **Offensive Wrestling** - We will learn the Fundamentals of **Westmoore Wrestling's EIGHT (8) Takedown System** (High C, Sweep Single, Right-Hand Reach, Left Hand Reach, Inside Carry, Outside Carry, Double Leg and Go Behind)
- Feet – Defensive Wrestling – Focus on “back hand” – 1) sprawl or snap to “Samurai Drill” 2) Sprawl or Snap to “short arm”, Head and hands defense.
- Bottom Wrestling – **Offensive Bottoms Positions** - 1) Outside leg stand up, 2) Change over, 3) Short sit position, 4) Switch position, 5) Jag Roll; **Defensive Bottom Positions** – 1) Controlling hands, 2) Clearing hands, 3) Controlling Position (adjusting to spiral and chops). 4) Building base from stomach.
- Top Wrestling – 1) **Five Star Pin Drill**; 2) **Cross Wrist Series**; 3) **Baseball Series**, 4) **Chicken Wing Series**
- **Decision Making/Mat Awareness** – We will also have lessons and drills that will focus on the following: 1) Mat Boundaries and Edges; 2) Short time/Tough Time offense and Defense... etc.

Camp will be conducted by the Westmoore HS Wrestling Coaching Staff and present/former Jaguar Wrestlers. We will also have guest clinicians throughout the camp!

How to Enroll:

Mail a \$50 non-refundable deposit or send the full payment of \$100 (individual) or \$150 (Family) by Friday, May 19th 2023. MPS Students are encouraged to pay through MY PAYMENTS PLUS

If mailing checks – mail to Westmoore Wrestling Attn: Will Evans 12613 S. Western Ave OKC, OK 73170

Camp registration forms will be available the first day of camp; Tuesday, June 6, 2023.

Contact Coach Will Evans for questions: 918 549 8443

willevans@mooreschools.com

2023 Westmoore Wrestling Camp

Information Form

Please send this form with payment!

MOORE PUBLIC SCHOOL STUDENTS ARE HIGHLY ENCOURAGED TO MAKE PAYMENTS BY USING MY PAYMENTS PLUS

Name: _____ Age: ____ Grade: _____ (2023-2024 School Year)

Address: _____ City: _____ Zip: _____

Parent/Guardian Cell # _____ Campers Shirt Size: YS YM YL S M L XL

Campers that pre-register by Friday, May 19, 2023 will be guaranteed a camp shirt in their size!

Parent/Guardian hereby agree to accept all responsibility for medical or other expenses that might occur.

*** Parent/Guardian signature is required: _____

Please make checks payable to MOORE ATHLETICS. Please use Blue or Black Ink!

Check # _____ Receipt # _____ Balance Due (if any) _____

Cash _____ Receipt # _____ Balance Due (if any) _____

Paid via My Payments Plus _____ Balance Due (if any) _____

Emergency Contact

Name: _____

Cell Number: _____

For more information regarding Westmoore Wrestling visit our website

www.westmoorewrestling.org

Will Evans

918 549 8443

willefans@mooreschools.com