



# SPARTAN-STYLE WRESTLING CAMPS

## Evening Camps

**June 27-30, 5-8 pm Takedown Camp**

**July 11-14, 5-8 pm Top & Bottom Camp**

### June 27-30: Takedown Camp

- “I shoot, I score. You shoot, I score.”
- Learn to be an offensive wrestler and “get your two” at every opportunity
- Introduction to the Spartan offensive & counteroffensive system
- Cost: \$55, includes camp T-shirt (except late registrations)
- Located at Francis Howell Central

### July 11-14: Top & Bottom Camp

- Get better at scoring from either position
- Master turns, pins, reversals & escapes
- Cost: \$55, or \$35 if also registering for Takedown Camp (must register for both at the same time for discount)
- Located at Francis Howell Central

### Nightly schedule:

5 p.m.	Warmup/technique instruction
7 p.m.	Break (bring a drink and small snack if desired)
7:15 p.m.	Live wrestling
8 p.m.	Camp ends

### Eligibility For Spartan-Style Camps:

Open to boys and girls entering grades 4-12

### For more information:

Contact Coach Cross at:

FHC Voice Mail: 636-851-4684

Cell: 314-277-4109

[steven.cross@fhdschools.org](mailto:steven.cross@fhdschools.org)

**Register by June 17, 2022 if you want a camp T-shirt!**

**Register online at [www.fhcsummercamps.com](http://www.fhcsummercamps.com).**