

Road Warrior Academy

“Ground & Pound Wrestling Challenge”

Legger’s Delight

Date: Thursday, June 6th

Cost: Academy Members: \$35

Grades: 6-12

Non Academy Members: \$45

Where: Ogallala High School Wrestling Room, Check-in will be at Ogallala High School Gym



Clinician: Coach Derek Hammerlun
Top 10 Team Finishes: 2002, 2003, 2004, 2005, 2006, 2013
State Medalists: 39, 3 state champions
State Qualifiers: 94
Head Coach: Cozad Public High School (2005-2013)
 Medicine Valley (1998-2004)
 Central Nebraska Wrestling Academy (2008-13)

*Costs include the following:

A. **free academy camp t-shirt**

*Bring money for your own lunch

Only 35 spots will be reserved for campers. This is designed for the serious wrestler, numbers will be kept low for more one on one teaching. Attitudes should be positive, kids should come prepared for a long, hard day of wrestling. No Refunds. Students will need to bring their signed permission slips and payment needs to be made before they can compete at the camp. Athletes may shower at the school so bring towels if needed and two sets of workout clothes for morning and afternoon sessions.

Schedule of Events

Morning Session

Check-In/Warmup/Stretch	8:00-8:30	Warmup/Stretch
Session #1	8:30-10:10	Full Body Rides, Setups
Break/Dodgeball	10:10-10:25	
Session #2	10:30-12:00	Grapevine Rides, Setups, video
<i>Break/Lunch</i>	12:00-1:30	<i>Lunch on your own</i>

Afternoon Session

Session #3	1:45-3:15	Hi-Crossbody Ride, Leg Defense
Break/Football	3:15-3:35	
Session #4	3:40-4:40	Legs Live
Shower Up at school	4:40-5:00	

How to register:

If you want to register for the camp, please remove this section of the brochure and mail the registration and a check in the amount of \$35 (academy members) or \$45 (non academy members) to:

Derek Hammerlun
Phone 1-308-325-3448
E-mail dhammerl@charter.net

Derek Hammerlun
2214 Papio Lane
Cozad, NE 69130

Name _____

Address _____

City _____

School _____

State _____

Your Phone # _____

Shirt Size _____

Which camp will you be attending?

_____ Ground & Pound Legger's Delight Leg Riding Camp I Tuesday June 4 (Norfolk)

_____ Ground & Pound Legger's Delight Leg Riding Camp II (Ogallala) Thursday, June 6

_____ Ground & Pound Big Ugliers: Camp of Heavyweight Techniques (Ogallala) Thursday, June 6

Parental Signature _____