Tornado Elite Wrestling Camp

3 Day Camp

Dates: Dec 21st through 23rd

Times: December 21st 2:00 to 6:30 December 22nd and 23rd 8:00a.m.-12:30p.m.

Location: King College Wrestling Room

Cost: $145 per person (Must have a current USA Wrestling Card for Insurance)

Price includes Tornado Elite Nike Performance T-shirt

Age/Experience: All campers must have completed 1 full year of experience, and must be in high school.

**Limited to the first 30 to preregister. We cannot take more than 30 wrestlers!**

Preregistration: Due by December 1st- $50

Deposit Payment: Deposits may be made by check

Make Checks to: Team Tornado Wrestling

Mail to: Derek Harrison (Athletic Department), 1350 King College Road, Bristol TN 37620

Final Payment/Registration: The remaining balance **must** be paid in cash at 8:00 a.m. on Dec 21st.

Camp will cover high percentage techniques and conditioning. Each day will consist of highly repetitive drilling, speed drilling, live situations, live matches, plyometric s trainings, and intensive conditioning. There will be an emphasis on finishes and match preparation. Lunch will **not** be served. Please bring your own water and Gatorade.

Sample Day

8:00- 30 min Hard Warm-up

8:30- Getting to your double leg

9:00- Flare Finish

9:20- Intensive Finishing Drills

9:45- Speed Drill

10:00- Short Break

10:10- Plyometrics

10:30- Live Situations

11:00- Double Legs to Nearfall

11:30- Live Matches

12:00- Conditioning

12:25- Cool down

Camp will be ran by Nate Moorman (Head King College Wrestling Coach) and Derek Harrison (Assistant King College Wrestling Coach)

**If you can’t make all 3 days, the cost is $50 per day.**

For more information please contact Derek Harrison at 423-593-8348 or dharrison@king.edu