Life University Prospect Camp for All Ages

[Life](http://r.search.yahoo.com/_ylt%3DA0LEVizfn8FY17EAYXUnnIlQ%3B_ylu%3DX3oDMTByOHZyb21tBGNvbG8DYmYxBHBvcwMxBHZ0aWQDBHNlYwNzcg--/RV%3D2/RE%3D1489113183/RO%3D10/RU%3Dhttp%3A//www.bpc.edu//RK%3D0/RS%3DPVC2GrXdoYU16BIdPvYuZejf.C0-) University Coming off Their 2019 3rd Place Finish At the NIAI Nationals Head Coach Omi Acosta NJCAA National Championship

Asst Head Coach

Jameel Bryant 2x National Champion are coming to KY

*When: Friday July 19th and Saturday July 20th*

*Where: Daviess County High School Owensboro, KY*
This is the time to get better and the best time to prepare to become a State Champion. Summer wrestling makes winter Champions. [Life](http://r.search.yahoo.com/_ylt%3DA0LEVizfn8FY17EAYXUnnIlQ%3B_ylu%3DX3oDMTByOHZyb21tBGNvbG8DYmYxBHBvcwMxBHZ0aWQDBHNlYwNzcg--/RV%3D2/RE%3D1489113183/RO%3D10/RU%3Dhttp%3A//www.bpc.edu//RK%3D0/RS%3DPVC2GrXdoYU16BIdPvYuZejf.C0-) University Head Coach Omi Acosta was a two-time NJCAA All-American with a fifth place finish in 2009 and a NJCAA national championship in 2010. He is a member of the Waubonsee Community College Athletic Hall of Fame. At Grand View, Acosta was a two-time NAIA qualifier and the 133-pound **2012 NAIA National Champion.** Also Head Assistant Men’s Head Wrestling Coach; **2x NAIA National Champion**, Jameel Bryant, will be the clinicians as well known Kentuckian, Chad Lampe who is a 3x NIAI National Qualifier will also be a vital clinician. \*Learn the recipes for success from some of the best wrestlers currently in the state of Kentucky.



**\*Develop** sound work ethics through intense exercises, drills, and live wrestling situations that have made Lindsey Wilson a national powerhouse program in the NAIA over the past four seasons.

**\*Focus** on new setups to get to your favorite takedowns and get out of your comfort zone. This camp is designed to make you mentally and technically stronger.

\*This camp will be combine high intense drilling and lots of live wrestling. *Please bring extra shirts.*
The camp technique will focus on the neutral position, and will consist of set-ups to High-crotch, single legs, Double legs, front headlocks, escapes and anything you specifically request.
**The camp cost will be $60 dollars or Special Team prices of $45 if more than 8 kids —Best Value for your money 9 hrs of training with great coaches for a low cost.**

**We are excited to have this type of intense camp in our area**.
The camp location will be at Daviess County High School Aux Gym in Owensboro, Ky 4255 New Hartford Rd, Owensboro, KY 42303. If you have a desire to wrestle in college or just get better either way it is a great opportunity to see what it takes to be a part of a top program like LWC or any other college or to just win more it’s also a great opportunity to show a few college coaches you can make it at that level. This camp will be offered to the first 100 registered athletes, so please call or email me to reserve a spot.

**Must (pre-register) contact me @ (270-316-7670)**

 **Via Email**

**(****curtis.martinson@daviess.kyschools.us****) Walk-ins is limited due to Space so reserve your spot now.**

Friday July 19th 2019 Schedule

**Friday 1st Session**

5:30pm-6:00pm registration sign-in

6:00 –6:30pm warm-up & icebreaker games

6:30 -7:45pm--Technique focused on executing takedowns

7:45-8:30pm—Live Wrestling (situations, matches and grinders)

Saturday July 20st 2019 Schedule

**Saturday 2nd Session**

8:00--8:30—warm -up & ice-breaker games

8:30-10:15-Technique more focus on executing takedowns

9:30---10:15—Live Wrestling (situations, matches and grinders)

**Saturday 3rd Session**

10:30—10:45 –warm-up & ice breakers

10:45—11:30—Technique focus on escapes

11:30-12:45—Live Wrestling (situations, Matches and grinders)

**Lunch Break----12:45---1:15 (Lunch will be Provided for you)**

**We will also have water and Gatorade**

**Saturday 4th Session**

1:15--1:45—warm-up & ice breakers

1:45—2:30—Technique more focus on escapes and other request

2:30--3:30—Live Wrestling (situations, matches and grinders and closing statements)

3:30—Camp over picture and questions

**Must contact me if you are coming Must (pre-register)**

 **(270-316-7670) Via Email (curtis.martinson@daviess.kyschools.us)**