

**Quasi-Vertical  
WRESTLING CAMP**



Morgan Atkinson 2x Pac-10 Champion 07 &08

**REGISTRATION**

July 20 9am-10am

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Wt. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

High School \_\_\_\_\_

Emergency Phone# \_\_\_\_\_

**In case of injury or necessary emergency, medical treatment  
is authorized.**

**Parent/Guardian (Please Print)**

Creswell School District Hold Harmless

I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities.

In case of injury, I do hereby waive all claims of legal actions, financial or otherwise, against the City of Creswell, or the Creswell School District.

In absence of signature, payment of fee and participation in the program shall constitute acceptance of the conditions set forth in the release.

**Special emphasis** in this clinic will be collegiate down wrestling techniques called the **Quasi-Vertical** position. We have developed a system of escaping and reversing our opponent that can give wrestlers young and old confidence that they can score from the down position. You will learn how to beat the leg ride, spiral ride and tight waist tilts that are used by the best wrestlers.

Also, extensive time on the **High-Single** series to replace the **High Crotch**. Finishes for low level attacks that are working at the collegiate level.

**Special emphasis** will also be given to an attacking style of wrestling in the neutral position and learning to be a pinner. If you are confident you can get away from anyone then you will be able to be more aggressive on your feet. We want to wear out our opponent with a relentless pursuing style. Get the pin.

Our motto at Titan Wrestling is  
"STALK'EM, BREAK 'EM, BONUSPOINTS".

**Special emphasis** will also be given to Total Performance Wrestling. We will discuss how to perform at your best, how to be a winner every time you compete, and psychological skills needed to reach your personal goals. Wrestling is fun and has many lessons to teach that can be carried over into life.

All ages will benefit from this clinic.

**July 20-22**

Mon-Wed 10-am to 4pm

**\$99**

Creswell High School

33390 Nieblock Lane

Creswell, Ore. 97426

541-844-6206

Brian Dunn

# Dan Hicks' Quasi-Vertical Wrestling Camp

## THE MOTIVATION

Cal State Fullerton was the Pac-10

Duals Champs in 2008!!!

Here is what we do to win.

## QUASI-VERTICAL POSITION!!

You have to be able to escape from anyone.

\*You will learn how to have an **attack-ing style** without giving up points.

\*Learn about the **High-Single Series** so you can have a single-leg to both sides!!!\*

\*We will talk about what it takes to wrestle at a D-1 school and the mental aspect of best performance wrestling.\*

## THE COACHES

### DAN HICKS

>HEAD COACH

**CAL STATE FULLERTON TITANS**

>2X NCAA NATIONAL CHAMPION

>2X PAC-10 CHAMPION

>VOTED WRESTLER OF THE DECADE FOR 142LB CLASS

**What to bring:** Backpack to hold food, etc.

Workout shirt & shorts, underwear (no boxers), shoes, wrestling shoes and socks.

Your own snacks and bottles of water.

### QUESTIONS CALL

Brian Dunne Head Coach Big Dawg Wrestling Club

541-844-6206

briandunn@centurytel.net

Dan Hicks

Head Wrestling Coach

Cal State Fullerton & Titan Wrestling Club

714-222-4395 dhicks@fullerton.edu

## THE SCHEDULE

### Monday,

REGISTER 9:00 am - 10:00 am  
SESSION I 10:00 am - 12:00 pm  
SESSION II 1:00 pm - 4:00 pm  
Advanced Wrestlers Only  
SESSIONS VII 4:00 PM-5PM

### Tuesday,

SESSION III 10:00 AM -12:00 pm  
SESSION IV 1:00 PM- 4:00 pm  
Advanced Wrestlers Only  
SESSIONS VII 4:00 PM-5PM

### Wednesday

SESSION V 10:00 AM -12:00 pm  
SESSION VI 1:00 PM- 4:00 pm  
Advanced Wrestlers Only  
SESSIONS VII 4:00 PM-5PM

**Bring a Lunch and drinks**  
**\$99 per wrestler for all Three Days**

Fullerton T-Shirts \$15  
**Coaches attend free!!**

**Make check payable to:**

Titan Wrestling Club, LLC  
18 Calle Verano  
Rancho Santa Margarita, Ca  
92688