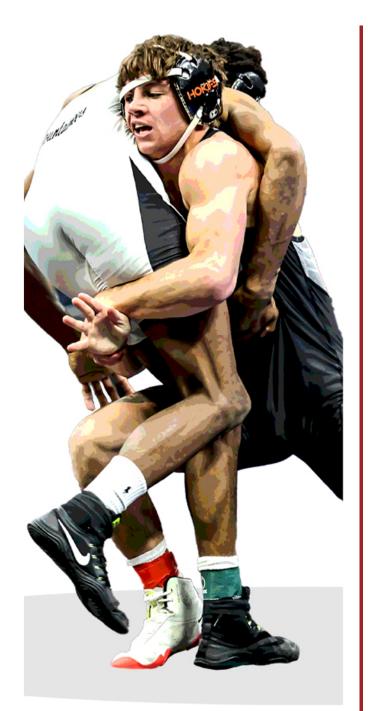
## CALIFORNIA GOLD

SUMMER DUALS & TECHNIQUE WRESTLING CAMP



FOR MORE INFORMATION, PLEASE CONTACT: SOREN MURPHY (530) 906-4150 or TYSON ESCOBAR (530) 748-6372

## PONDEROSA HIGH SCHOOL JUNE 18, 19 & 20, 2024

## TEAM COST **\$800** By Mail or Bring to Camp

EACH TEAM MAY BRING UP TO 20 WRESTLERS. NON-HIGH SCHOOL WRESTLERS MAY JOIN US FOR THE TECHNIQUE PORTION OF THE CAMP FOR \$50. YOU MAY REGISTER THE FIRST DAY.



CHECKS ARE PAYABLE TO: PHS ABC 4217 CRAZY HORSE RD. CAMERON PARK. CA 95682

## DAY 1

TECHNIQUE 9AM-10:30AM

DUAL MEETS 10:30PM-3PM

LUNCH BREAK 11:30AM-12:30PM \*Bring your own lunch DAY 2 & 3

**DUAL MEETS** 9AM-11:30AM

LUNCH BREAK 11:30AM-12:30PM \*Bring Your Own Lunch

DUAL MEETS 12:30PM-3PM

- MATCHES WILL BE WRESTLED CONTINUOUSLY UNTIL DUALS HAVE BEEN COMPLETED
- PERIODS WILL BE 1-1-1
- WEIGHTS WILL BE POOLED
- INCOMING FRESHMEN MAY WRESTLE FOR YOUR TEAM