

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 I-I-I
- WEIGHTS WILL BE POOLED
- INCOMING FRESHMEN MAY WRESTLE FOR YOUR TEAM