



# CALIFORNIA GOLD

## SUMMER DUALS AND TECHNIQUE CAMP



**AT PONDEROSA HIGH SCHOOL  
JUNE 25, 26 & 27TH**

**TEAMS EXPECTED**

**PONDEROSA, ELK GROVE, DEL ORO, BELLA VISTA, FOLSOM,  
LINCOLN, MERCED, LOS GATOS, GRANADA, BELLERMINE PREP,  
CLOVIS, CLOVIS EAST, PLACER, MADERA, CENTRAL CATHOLIC,  
PLEASANT GROVE, SANTA ANA, CASA ROBLE**

**TEAM COST \$500 BY JUNE 15TH!!!**

**EACH TEAM MAY BRING UP TO 20 WRESTLERS.  
NON-HIGH SCHOOL WRESTLERS MAY JOIN US FOR THE  
TECHNIQUE PORTION OF THE CAMP FOR \$50.00  
YOU MAY REGISTER ON THE FIRST DAY!!!!**

**CHECKS ARE PAYABLE TO PONDEROSA WRESTLING  
4217 CRAZY HORSE RD.  
CAMERON PARK CA, 95682**

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**TECHNIQUE**

**9:00 AM-11:00AM**

**SITUATIONS**

**11:00AM-11:30AM**

**LUNCH**

**11:30PM-12:30PM \*PLEASE BRING YOUR OWN LUNCH**

**DUAL MEETS**

**12:30PM-3:00PM**

**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.**



**FOR MORE INFORMATION, PLEASE CONTACT  
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TYSON ESCOBAR 530-748-6372**