

Titan Wrestling Club presents:

**SOUTHERN CAL  
WOMEN'S WRESTLING  
CLINIC**



Ashley McKilligan



University Games Champ Miranda Dick

**REGISTRATION Dec. 29th**

Name \_\_\_\_\_

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

Address \_\_\_\_\_

City \_\_\_\_\_

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

USA Card # \_\_\_\_\_

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

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

Parent/Guardian (Please Print) \_\_\_\_\_

Cal State Fullerton and Titan Wrestling Club

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 Fullerton, or Cal State Fullerton University.

In absence of signature,

**Special emphasis** Our focus would be primarily on takedowns with a variety of set-ups. We will also look at how to defend leg attacks and have counter attacks. Attacking positions from under hook, two on one and utilizing hand work to create openings in the defenders position. We will discuss and demonstrate the importance of creating angles to set up an attacking offense.

**Special emphasis** will also be given to how to train for competition and building endurance. You will have an opportunity to train like the Olympians through observing them as well as be put through workouts developed by proven Elite level coaches and women who are at the top of the ladder for women in the world.

**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.

**Tuesday December 29th**

**Titan Wrestling Room**

**Cal State Fullerton University**

**Sponsored by**

**Titan Wrestling Club**

**&**

**Simon Fraser University**

# Southern Cal Women's Wrestling Camp

## THE MOTIVATION

With over 30 years experience, Simon Fraser University wrestling head coach Mike Jones has developed quite the resume. Jones has coached two Olympic gold medalists (Daniel Igali - 2000, Carol Huynh - 2008), along with over 25 Olympians, and countless World, Pan-American and Collegiate champions. Jones has also coached three men's and six women's Collegiate Wrestling Championship teams, including winning four straight Canadian Interuniversity Sport (CIS) Titles from 2003-to-2006

## THE COACHES

### Mike R. Jones

>HEAD COACH

Simon Fraser University

>30 Years Experience

> All-American at Oregon State University

> Canadian Olympic Coach

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

Workout shirt & shorts, shoes, wrestling shoes and socks.

Your own snacks and bottles of water.

### QUESTIONS CALL

Dan Hicks

Head Wrestling Coach

Cal State Fullerton & Titan Wrestling Club

714-222-4395 dhicks@fullerton.edu

## THE SCHEDULE

### Saturday Dec. 29th

SESSION I 9 am-12pm

LUNCH 12-1:00pm

SESSION II 1:00-5:00pm

Bring a Lunch and drinks

**\$40 covers the entire day**

\$5 Extra is no USA Card to Cover Camper Insurance

Coaches attend free!!

Make check payable to:

Titan Wrestling Club, LLC

18 Calle Verano

Rancho Santa Margarita, Ca

92688