

Titan Wrestling Club presents:



### Clinicians

California Greats  
Tatiana Padilla & Victoria Anthony



World Bronze Medalist  
Tatiana Padilla

Tues-Sat. July 6-10, 9am –2pm  
Titan Wrestling Room  
Cal State Fullerton University  
Sponsored by  
Titan Wrestling Club

### Tuesday-Sat. July 6-10

SESSION I 9 am-11:30am  
LUNCH 11:30-12:00pm  
SESSION II 12:00-2:00pm

Bring a Lunch and drinks

\$160 covers 5 days of camp.

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

### Coaches attend free!!

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

**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. Collegiate Style and Freestyle techniques will be taught

**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.

# Southern Cal Women's Wrestling Camp

## THE MOTIVATION



Victoria Win Junior World

We want to offer a place for women in Southern Cal to train with elite National team members and collegiate women wrestlers. Our goal to help prepare more California gals for the National team. Come join us for this unique training opportunity just for women.

## THE COACHES

**Dan Hicks-Head Coach Cal State Fullerton**

**Tatiana Padilla-World Bronze Medalist**

**Victory Anthony-Junior World Champ**

**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



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LUNCH	11:30-12:00pm
SESSION II	12:00-2:00pm

**Bring a Lunch and drinks**

**\$160 covers the entire camp!**

\$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