

From: **Camp Of Champions** campofchampions@msn.com  
Subject: 2019 C.O.C. "All Girls" Wrestling Camp  
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To: lanny@wrestlingusa.com



## THE C.O.C. SYSTEM

### THE C.O.C. PHILOSOPHY

Since 1980 the C.O.C. has trained over 30,000 wrestlers of all age groups. Our philosophy is to assist you in every way to attain your goals. The C.O.C. prides itself as the wrestling camp with more quality mat time than any wrestling camp in the United States.

### WHY ATTEND C.O.C. ELITE CAMPS

- \*EXCELLENT STAFF TO WRESTLER RATIO
- \*FINEST CLINICIANS IN THE NATION
- \*4 STRUCTURED SESSIONS DAILY
- \*HARD DRILLING AND LIVE SESSIONS
- \*MENTAL SKILLS TRAINING
- \*ALL YOU CAN EAT CAFETERIA

### \*\*\*LIMITED ENROLLMENT CAMPS\*\*\*

#### 14-Day "Ironman" Intensive Camp

The 14-Day "Ironman" is the original 10 day training camp that finishes with the 5 days of awesome competition. No camp in the nation comes close to this format.

#### 7-Day Training Camps

The 7-Day Training Camps are awesome for a coach that wants to bring his entire program. Any coach bringing his team can be a paid staff member!

#### 6-Day HWT/Big Man Wrestling Camp

8 years running, this specialty HWT Camp is the finest in the Western United States. Get personally trained by Steve Mocco and Adam Coon!

#### 5-Day "All Girls" Elite Wrestling Camp

The C.O.C. "All Girls" Elite Wrestling Camp is the finest training camp in California! No other camp trains girls of all ages to the next level preparation. State Champs, state placers, nationally ranked girls train at this camp!

#### 5-Day Technique Wrestling Camps

The 5-Day wrestling camps are a great blend of world class technique and intensive training.

#### 5-Day "Extreme Youth" Wrestling Camp

We take this camp serious! Our objective is to teach our young champions how to train and have fun along the way!

**GET C.O.C. TRAINED!**

# 2019 C.O.C. ELITE

## WEST COAST WRESTLING CAMPS

HOSTED AT

**SIERRA OUTDOOR SCHOOL  
15700 OLD OAK RANCH ROAD  
SONORA, CALIFORNIA 95370**

# JULY 15-28, 2019

14-Day Intensive Camp  
(2) 7-Day Training Camps  
6-Day HWT/Big Man Camp  
5-Day "All Girls" Elite Camp  
(2) 5-Day Wrestling Camps  
5-Day "Extreme" Youth Camp

TOLL FREE (866) 854-2560

email: [cocelitewrestlingcamps@gmail.com](mailto:cocelitewrestlingcamps@gmail.com)

Web: [cocelitewrestlingschool.com](http://cocelitewrestlingschool.com)

**C.O.C. Office Address  
40575 Cal Oaks Road  
Suite D2, #124  
Murrieta, CA 92562**

## 2019 C.O.C. CLINICIANS

### KENDALL CROSS

NCAA National Champion  
Olympic Champion

### JOE COLON

2018 World Bronze Medal  
NCAA All-American  
Asst. Coach at Fresno State Univ.

### DANIEL DENNIS

2016 USA Olympic Team  
2 X NCAA All-American  
BORIS NOVACHKOV

2 X NCAA All-American

2016 Bulgarian Olympic Team

### BRENT METCALE

2 X NCAA National Champion  
Asst. Coach at Iowa State Univ.

### CHRIS PENDLETON

2 X NCAA National Champion  
Asst. Coach at Arizona State Univ.

### JAKE HERBERT

2 X NCAA National Champion

### NICK SIMMONS

4 x NCAA All American

### DREW FOSTER

2019 NCAA National Champion

2 X Big 12 Conference Champion

Big 12 "Wrestler Of The Year"

### MIKE MACCHIAVELLO

2018 NCAA National Champion

The featured C.O.C. clinicians attending the Sonora Intensive Camps are chosen annually. These champions are the finest coaches and teachers in the USA.

The C.O.C. Elite Wrestling Camps will have several other outstanding Olympic Champions, Olympians, World Team Members, NCAA National Champions, NCAA All-Americans attending the 2018 wrestling camps. There is no other camp in the nation that has this stellar clinician staff.

**Get C.O.C. Trained!**

[Download Document](#)

The C.O.C. All Girls Wrestling Camp is the most popular for female wrestlers across the country. Whether the girl is advanced or a beginner, this camp is huge in development! The camp is perfect for girls of all elementary to high school ages. Go to [www.cocelitewrestlingschool.com](http://www.cocelitewrestlingschool.com) for more information and sign-up online!



Camp Of Champions | 40575 CAL OAKS RD, Suite D2 #124, Murrieta, CA 92562

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