


**From:** Steve Glassey campofchampions@msn.com   
**Subject:** COC California "Elite" Intensive Camp (brochures attached)  
**Date:** May 12, 2022 at 3:39 PM  
**To:** MTcolumbus moodrym@gmail.com



**Coach...Since 1980 the Camp of Champions Intensive Camps at the Sierra Outdoor School in Sonora has assisted Montana wrestlers and coaches achieve goals on the mat. This summer we have another huge year of intensive training in the foothills of California. The "C.O.C." system is perfect for your athlete to get to the next level, 4 sessions daily with 10 hours of systematic training. If you would profile the wrestlers that are ready for the "jump" to the championship physical and mental training, please hand out this information.**

**Give me a call at (866) 854-2560 anytime so our staff can assist you out with your group regarding 10-Day "Elite" Intensive Training Camp, 7-Day intensive camps, 7-Day HWT, 7-Day girls, and youth intensive camps. The C.O.C. Hopes to get a good crew of your boys and girls to attend this summer...Steve**

<https://www.cocelitewrestlingschool.net/sonora-ca-camps>

### **SAN DIEGO TEAM CAMP**

**If you are making plans and want to bring the boy's/girl's teams to San Diego Team Camp on June 27-30 let me know. The San Diego Team Camp has the opportunities of bringing both boys and girls teams. As you know, we have been hosting our team camp since 1996...we have it down!**

<https://www.cocelitewrestlingschool.net/san-diego-team-camp-1>

Steve Glassey, Director  
COC Elite Wrestling School, Est 1980  
The Oldest Intensive Wrestling Camp in California



2022 COC Girls  
Camp.pdf



2022 COC  
Intensi...mp.pdf



2022 COC SD  
Youth...p1.pdf



2022 COC HWT  
Camp.pdf