



SPARTAN WRESTLING CAMP

We welcome all ranges of skill-level, from basic beginners to advanced wrestlers. SWC will demonstrate and develop the basics of wrestling from all angles and positions. From how to set up the perfect sweep single-leg takedown, to devising how to best escape from bottom when trapped in parallel legs, to turning ones' opponent from top position by using the proper skill set that can be seen today at the highest level in wrestling competition.

Spartan Wrestling Camp doesn't stop with just the technical and physical aspects of wrestling. Campers will learn how to mentally prepare themselves for the challenges we all face, whether on the mat or in life. Throughout camp, wrestlers will be taken through a variety of fun Spartan obstacle course challenges that are instilled with the disciplines of wrestling.

The daily itinerary for the Spartan Wrestling Camp will blend wrestling technique and drill instruction, live wrestling, strength and conditioning, Spartan challenges, clinical lecture, and character and team building lessons.

Our Spartan team has used its global network to construct an elite group of clinicians to carry the Spartan shield into the world of wrestling. At SWC you will find clinicians with wrestling accolades such as Olympians, NCAA National Champions, NCAA All Americans, NCAA Conference Champions, and High School State Champions. Having a wide array of clinicians with certain skill sets allows SWC to implement different concepts and instruction at every wrestling session throughout the camp.

10 SPARTAN EDGE PRINCIPALS

- 1: FIND YOUR TRUE NORTH
- 2: MAKE A COMMITMENT
- 3: FUEL YOUR ENTHUSIASM
- 4: DELAY GRATIFICATION
- 5: MAXIMIZE YOUR TIME
- 6: GET GRITTY
- 7: ATTACK ADVERSITY
- 8: ADJUST YOUR FRAME OF REFERENCE
- 9: BE HONORABLE
- 10: I AM SPARTAN