



CALIFORNIA GOLD

SUMMER DUALS AND TECHNIQUE CAMP



**AT PONDEROSA HIGH SCHOOL
JUNE 27, 28 & 29TH**

TEAMS EXPECTED

**PONDEROSA, ELK GROVE, DEL ORO, BELLA VISTA, FOLSOM,
LINCOLN, MERCED, LOS GATOS, GRANADA, BELLERMINE PREP,
CLOVIS, CLOVIS EAST, PLACER, MADERA, CENTRAL CATHOLIC,
PLEASANT GROVE, SANTA ANA, CASA ROBLE**

TEAM COST \$500 BY JUNE 15TH!!!

**EACH TEAM MAY BRING UP TO 20 WRESTLERS.
NON-HIGH SCHOOL WRESTLERS MAY JOIN US FOR THE
TECHNIQUE PORTION OF THE CAMP FOR \$50.00
YOU MAY REGISTER ON THE FIRST DAY!!!!**

**CHECKS ARE PAYABLE TO PONDEROSA WRESTLING
4217 CRAZY HORSE RD.
CAMERON PARK CA, 95682**

**TECHNIQUE
9:00 AM-11:00AM**

**SITUATIONS
11:00AM-11:30AM**

**LUNCH
11:30PM-12:30PM *PLEASE BRING YOUR OWN LUNCH**

**DUAL MEETS
12:30PM-3:00PM**

**MATCHES WILL BE WRESTLED CONTINUOUSLY UNTIL DUALS
HAVE BEEN COMPLETED.**

PERIODS WILL BE 1-1-1.

**WEIGHTS WILL BE POOLED.
INCOMING FRESHMEN MAY WRESTLE FOR YOUR TEAM.**



**FOR MORE INFORMATION, PLEASE CONTACT
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TYSON ESCOBAR 530-748-6372**