

CALIFORNIA GOLD

SUMMER DUALS & TECHNIQUE WRESTLING CAMP



FOR MORE INFORMATION, PLEASE CONTACT:
TYSON ESCOBAR (530) 748-6372

PONDEROSA HIGH SCHOOL JUNE 23, 24 & 25, 2026

TEAM COST **\$600** BY MAIL OR BRING TO CAMP

EACH TEAM MAY BRING UP TO 20 WRESTLERS. NON-HIGH SCHOOL WRESTLERS MAY JOIN US FOR THE TECHNIQUE PORTION OF THE CAMP FOR **\$50**. YOU MAY REGISTER THE FIRST DAY.



CHECKS ARE PAYABLE TO:

PHS ABC

3627 ELF WOOD LN.

SHINGLE SPRINGS, CA 95682

DAY 1

TECHNIQUE

9AM-10:30AM

DUAL MEETS

10:30PM-3PM

LUNCH BREAK

11:30AM-12:30PM

*BRING YOUR OWN LUNCH

DAY 2 & 3

DUAL MEETS

9AM-11:30AM

LUNCH BREAK

11:30AM-12:30PM

*BRING YOUR OWN LUNCH

DUAL MEETS

12:30PM-3PM

- MATCHES WILL BE WRESTLED CONTINUOUSLY UNTIL DUALS HAVE BEEN COMPLETED
- PERIODS WILL BE I-I-I
- WEIGHTS WILL BE POOLED
- INCOMING FRESHMEN MAY WRESTLE FOR YOUR TEAM