

# TITAN WRESTLING CAMP

**Special emphasis** in these clinics will be collegiate down wrestling techniques called the **Quasi-Vertical** position. We have developed a system of escaping and reversing our opponent that can give wrestlers young and old confidence that they can score for the down position. You will learn how to beat the leg ride, spiral ride and tight waist tilts that are used by the best wrestlers.

Also, Extensive time on the **High-Single** series to replace the **High Crotch**. Finishes for low level attacks That are working at the collegiate level

**Special emphasis** will also be given to an attacking style of wrestling in the neutral position. If you are confident you can get away from anyone then you will be able to be more aggressive on your feet. We want to wear out our opponent with a relentless pursuing style. Our motto at Titan Wrestling Is **“STALK’EM, BREAK ‘EM, BONUS POINTS”**.

**Special emphasis** will also be given to Total Performance Wrestling. We will discuss how to perform at your best, how to be a winner every time you compete, and psychological skills needed to reach your personal goals. Wrestling is fun and provides lessons to teach that can be carried into life.

**Remember: on of our best recruiting tools is seeing guys wrestle at our camps, come show us what you’re made of!**



**Summer 08 sites**

**-3 sessions at Cal State**

**Fullerton**

**-Rancho Buena Vista in**

**San Diego**

**-Tracy area**

Titan Wrestling Club LLC  
18 Calle Verano  
Rancho Santa Margarita, Ca,92688

# Cal State Fullerton Titan Wrestling Camp

## REGISTRATION

On-line registration at  
[www.fullertontitans.com](http://www.fullertontitans.com)  
Registration opens Feb 20th

Name \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Wt. \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
High School \_\_\_\_\_  
Emergency Phone# \_\_\_\_\_  
In case of injury or necessary emergency, medical treatment  
is authorized. \_\_\_\_\_  
Parent/Guardian (Please Print) \_\_\_\_\_

### HOLD HARMLESS AGREEMENT

I, the undersigned, parent/guardian or participant, assume all risks and hazards incidental to participating in the activity and do hereby waive, release, absolve, indemnify the city of Fullerton, The University, their supervisors, participants and instructors for any claim arising out of injury to myself/child.

\_\_\_\_\_  
Parent/Guardian or over 18 participant's signature

## THE COACHES

- DAN HICKS**  
-6TH YEAR HEAD COACH  
CAL STATE FULLERTON  
TITANS
- 2X NCAA NATIONAL CHAMPION
- 2X PAC-10 CHAMPION
- VOTED WRESTLER OF THE  
DECADE FOR 142LB CLASS
- RISTO MARTTINEN**  
-Assistant Coach at CSUF  
-4yr letterman under Hicks  
-National Freestyle placer in  
Finland
- CURRENT AND FORMER  
CSUF WRESTLERS**

What to bring: Backpack to hold food, etc. Workout shirt & shorts, underwear (no boxers), shoes, wrestling shoes and socks. Your own snacks and bottles of water.

### **QUESTIONS:**

Risto Marttinen 1(714) 278-8550  
Email: [rmarttinen@fullerton.edu](mailto:rmarttinen@fullerton.edu)  
  
Dan Hicks 1(714) 278-2138  
Email: [dhicks@fullerton.edu](mailto:dhicks@fullerton.edu)

## THE SCHEDULE

**Session I**— July 13th-16th  
1pm-7pm at Cal State  
Fullerton Cost \$200

**Session II**— July 17th— 20th  
1pm to 7pm at Cal State  
Fullerton Cost \$200

Note: Session I and II are limited to the first 150 Wrestlers in each camp!!!

**Kids Camp**— July 14th-18th  
At Cal State Fullerton 9am-12pm (ages 8yrs— 13yrs old)  
Cost \$100

**San Diego**— June 20-21  
All ages \$50 for 4 sessions  
at Rancho Buena Vista

**Tracy camp**— June 27-28  
All ages \$50 for 4 sessions

Make check payable to:  
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