

# Navy Wrestling's 4th Annual Candidate Wrestling Clinic November 16, 2018

The Candidate Clinic is designed to help you gain perspective on Navy Wrestling and the path to becoming a collegiate wrestler!

## \$100\*

\*Price includes Two (2) free admission tickets to the Navy Classic on Nov 17th



REGISTRATION AND MEDICAL  
WAIVERS TO BE COMPLETED ON

**[www.NavyWrestlingCamps.com](http://www.NavyWrestlingCamps.com)**

*\*Confirmation email with check-in details will  
be sent upon registration completion\**

*Checks made payable to: NAAA Wrestling  
Clinic*

The Candidate Clinic is designed to give each participant an in-depth look at the training systems used at the U.S. Naval Academy by Head Coach, Joel Sharratt and his staff. Training will include techniques used for championship performance, mental preparation for competition and balancing elite training with world class academics. Participants will also get a glimpse of what it takes to be a successful student-athlete.

The Candidate Clinic is open to all applicants, ages 12+, limited to the first 50 registered applicants. Participants will train in prestigious U.S. Naval Academy facilities, have two on-the-mat sessions with our coaching staff and have an opportunity to interact with wrestling student-athletes.

### Schedule

**4:00 - 5:00 PM—Check-in at Lejeune Hall**

**5:15 - 6:45 PM—Session 1—**

**Neutral Skills and Drill**

**7:00 - 7:30 PM—Dinner - Sports Psych**

**Navy Staff & Team (Meal Provided)**

**7:45 - 9:15 PM—Session 2—**

**Top & Bottom Skills and Drill**

**Question and Answer Session—  
Closing Remarks**

**ALL MAT SESSIONS  
LOCATED IN WESLEY BROWN  
FIELDHOUSE**

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