



# 2010 Dynamite Wrestling Camps

*Summer Wrestlers Make Winter Champions*

All camp sessions will be held at the Dallas Dynamite Wrestling Facility  
4474 Spring Valley Rd. Dallas, TX 75244

## Lead Instructors:

JAMILL KELLY  
2004 Olympic Silver Medalist

MELVIN LOFTON  
University of Oklahoma

JAMES KING  
Ohio State University

## Guest Clinician for Select Camps:

BRANDON SLAY  
2000 Olympic Champion

### Camp Dates

June 14-17  
June 21-24  
June 28-1  
July 5-8  
July 12-15  
July 19-22  
July 26-29  
Aug 2-5

### Camp Description

Takedown Master  
Low Single  
Defense & Counter Attacks  
Intensive Training Camp  
Leg Riding  
Escapes and Reversals  
Throws Hips & Tricks  
Cradles, Turns & Pins

### Camp Times

Ages 8-12 9:00am-12:00pm  
Ages 13-18 2:00pm-5:00pm  
For all Camps

**THE DYNAMITE DIFFERENCE** We limit our enrollment to 36 campers per session so you can be assured of a unique, personal experience with quality time and instruction from our staff.

**CHAMPIONSHIP INSTRUCTION** Each Dynamite Camp focuses on a few specific techniques. Unlike many camps that parade a series of clinicians teaching "clinic moves", Dynamite Camps emphasize the skills and techniques that win championships.

**AFFORDABILITY** We are aware of the financial strain that summer athletic camps can place on a family's budget. With that in mind, we have a camp tuition structure to help you get the most bang for your buck. Multi-camp discounts, family discounts, and team discounts are available.

**CONVENIENT LOCATION** The Dynamite Wrestling Center is located at 4474 Spring Valley Rd. Dallas, TX 75244. Our 4,000 square foot air-conditioned facility is fully equipped with a weight and cardio room, restrooms, showers, and parents lounge.

**DYNAMITE CAMPS PRICING STRUCTURE** \$175 per camp up to 3 camps, \$150 per camp if you attend 4-7 camps, and \$125 per camp if you attend all 8 camps. Complete all 8 camps and receive a special Dynamite Camps Iron Man Award.

**TEAM DISCOUNTS** Enroll 8 or more campers in any session and receive a 10% discount. Enroll 8 or more wrestlers in all 8 camps for \$800 (\$100 a camp).

Contact us at [info@dallasdynamite.org](mailto:info@dallasdynamite.org)

Enroll Now [www.dynamitecamps.com](http://www.dynamitecamps.com)

# Camp Descriptions

## Camp Times

**Ages 8-12 9:00am-12:00pm**

**Ages 13-18 2:00pm-5:00pm**

### **Takedown Master**

June 14-17

The "High Crotch" takedown is one of the most high percentage shots in collegiate wrestling and a favorite move of many of the top wrestlers in the country.

During this camp wrestlers will master the high crotch series on their feet, while focusing on setups from multiple wrestling situations. Wrestlers will learn to finish high, finish low, and win the scramble for the takedown. The key to a good offense is mastering your takedown arsenal and this camp will do just that!

**Lead Instructors:** Melvin Lofton & James King

### **Low Single System**

June 21-24

One of the most popular takedowns in American wrestling is low single. This camp will focus on building a system of wrestling around the move perfected by the Oklahoma State Cowboys.

Olympic Silver Medalist Jamill Kelly, a protégé of low single leg originator will teach the campers about proper spacing and setups for their low single leg attacks. Dedicated time will be spent focusing on a variety of finishes and everything will come together during the week leaving campers with an ultimate takedown system to be a champion.

**Lead Instructors:** Jamill Kelly

### **Takedown Defense & Counter Attacks**

June 28-July 1

Offense wins matches, but defense wins championships. At this camp our campers will learn how to put points on the board using a solid defensive foundation that will catapult you to the top of the awards stand. Campers will learn proper positioning and techniques of college level wrestlers that will help them develop an impenetrable defense.

**Lead Instructor:** Jamill Kelly

### **Intensive Wrestling Camp**

July 5-8

This camp is designed to provide the ultimate intensive freestyle wrestling experience. We will focus on proper "match-speed" drilling techniques, and there will also be a heavy emphasis on live freestyle situational and match wrestling. From the beginning of each session until the very end, each wrestler will be challenged to overcome his or her perceived mental and physical limitations to achieve the perfect practice.

Each wrestler will be challenged to intensify his or her practice performance and match preparedness. While the camp will focus on freestyle wrestling, the lessons learned at this camp will transcend any particular style and will have application for each wrestler no matter whether it is folkstyle season, freestyle season or "off" season.

**Lead Instructor:** Jamill Kelly

### **Leg Riding**

July 12-15

Would you like to learn how to wear your opponent down... and out? No problem, this camp is for you. Scoring the pin will be easier after you learn effective leg riding used by top collegiate wrestlers. Wrestlers will focus on controlling their opponent and applying pressure to score near fall points and secure the pin.

**Lead Instructors:** Melvin Lofton & James King

### **Escapes and Reversals**

July 19-22

You can't win matches with your face in the mat! Wrestlers will learn a proven system that will give them confidence that they can escape from any situation on the mat. When this camp is over with no one will be able to hold you down!

**Lead Instructors:** Melvin Lofton & James King

### **Highlight Throws, Hips & Tricks**

July 26-29

You're down by 4 points or more. What do you do? If you answered, "shoot a single leg," this camp is for you. Of course, if you're just a fan of the big move, this camp is also for you. We will teach proven techniques to educate wrestlers on how to use their lower body and torso to execute high amplitude, exciting wrestling moves. Moves such as the hip toss, head lock, body lock, lateral drop, and cement mixer (among others) will become part of each wrestler's repertoire at the end of this camp. This camp will no doubt be exciting, empowering and most of all . . . FUN!

**Lead Instructors:** Melvin Lofton & James King

### **Cradles, Turns & Pins**

August 2-5

Looking to improve your mat wrestling skills? This camp is for you. We will focus exclusively on high percentage turning techniques such as the cradle series - learn to hit it from just about anywhere; the spiral ride - a staple at the collegiate level; and the turk and tilt series - who knew scoring back points could be so easy. Again, the focus at Dynamite is to teach techniques that are proven at the collegiate level. Each wrestler will come away from this camp having improved their confidence from top position.

**Lead Instructors:** Melvin Lofton & James King

### **All Campers must have a valid 2009-2010 USA Wrestling Card**

*Limited spots available on a first come – first serve basis, so be sure to sign up before camps are full.*

*All camp instructors will not be available at every camp. Lead instructors subject to change without notice*

Contact us at [info@dallasdynamite.org](mailto:info@dallasdynamite.org)

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