

# ALL-AMERICAN HEAVYWEIGHT

## CLINIC

Featuring

## Mat Orndorff

NCAA Div. 1 All-American, Oregon State University

3X Pac-10 Finalist

University Greco-Roman All-American

High School All-American

Washington State Champion

Head Coach Aliso Niguel High School

Former Assistant Coach U.C. Davis

**Clinic Focus:** This clinic will teach the techniques, strategies, training, and mental preparation upper-weight wrestlers need to win matches. Train with the best big men in the area for a summer clinic that will result in success!

**Dates:** July 19<sup>th</sup> –23<sup>rd</sup>, 2010

**Time:** 4:00 pm – 8:30 pm

**Location:** Aliso Niguel High School Wrestling Room

**Limited Enrollment:** In order to ensure that each wrestler gets the most out of the All-American Heavyweight Clinic, space is limited to the first 35 wrestlers. Make sure you register now to reserve your spot today.

**Cost:** \$85.00 plus a \$40.00 Material Fee payable to Coach Orndorff.

**Questions:** Contact Coach Orndorff [matorndorff@gmail.com](mailto:matorndorff@gmail.com) or call 949-584-7531

**Registration:** Online at <http://www.asaonlinereg.com/capistrano/Classes.asp?txtAction=LoadSections&txtCourseGroupID=38&txtCourseCode=91110> . For other registration options, use the attached form.  
Course # 9111015

## Also Available

Wrestling Youth Camp for Kids grade 2-8

July 12<sup>th</sup> -July 16<sup>th</sup> 9:00 AM – 2:00 PM

No Experience is Necessary –

Register online at <http://community-ed-capousd-ca.schoolloop.com>

Course # 9111207



**CAPISTRANO COMMUNITY EDUCATION**

<http://community-ed-capousd-ca.schoolloop.com>

