



TUSKY TOUGH

ELITE WRESTLING CAMP

#TuskyTough

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July 16TH – 20th

Elite – 1:00–5:00pm

Tuscarora High School

\$100

Registration is open at <https://webtrac.loudoun.gov> Search “Tusky Tough”

In-Season is the time to PERFORM.

Off-season is the time to PREPARE.

Camp focus will be on mastering and learning higher level technique.

We will learn to score points from every position!

Score points & Dominate!

The Tusky Tough Wrestling Camp is open to wrestlers with at least two years of experience. We have designed the camp system to promote the sport of wrestling through games, technique, competition, and fun. Our focus will be on takedowns (setups, executions and finishes). Bottom wrestling will emphasize standups and reversals and top wrestling will focus on breakdowns and turns with a dedication to leg riding. We will learn to score points from every position. There will be a takedown and ride 'em out tournament held on the final day of camp. All campers will receive a Tusky Tough Wrestling camp t-shirt. Wrestler's under 106 lbs and below are encouraged to bring a friend/drilling partner around the same weight (we cannot promise a partner close to that weight class). This camp will be limited to only 40 wrestlers, first come-first serve. You can check out highlights of the 2016 camp at:

<https://www.youtube.com/watch?v=SF9VllgSro8>

Train Hard, Train Tough.



Coach Bango grew up here in Loudoun County. Was a 2x District Champ, 2x Region Runner-Up for LCHS. He wrestled at Campbell University, a Division I school for 3 years. He has coached for 13 years and has been the head coach of Tuscarora for 7. In that time Tuscarora has had 10 District Champions, 67 Region Qualifiers, 15 State Qualifiers, and 7 State Placers.

Schedule:

- 1:00–1:45 – workout
- 2:00–3:00 – Technique
- 3:00–3:45 – Games & Drills
- 3:45–4:45 – Live Practice
- 4:45–5:00 – Finisher workout

TUSKY TOUGH

YOUTH WRESTLING CAMP

#TuskyTough

#TuskyTough

#TuskyTough

July 16TH – 20th

Youth – 8:00–12:00am

Tuscarora High School

\$100

Registration is open at <https://webtrac.loudoun.gov> Search “Tusky Tough”

***Relax and Have Fun. Go out there and
SCORE POINTS. That's all you have to do.***



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Camp focus will be on learning the basic positions in wrestling, having fun and working hard!

**Score Points
&
Dominate!**

Schedule:

- 8:00–8:45 – Workout
- 8:45–9:00 – Games
- 9:00–10:00 – Technique
- 10:00–10:45 – Drills
- 10:45–11:00 – Games
- 11:00–11:45 – Live Practice
- 11:45–12:00 – Finisher workout

The Tusky Tough Youth Wrestling Camp is for wrestlers that have less than 2 years of experience. Designed to promote the sport of wrestling through games, competition, and activities. Our focus will be learning the basics of wrestling and applying them in a fun and exciting way. There will be a takedown and ride 'em out tournament held on the final day of camp. All campers will receive a Tusky Tough Wrestling camp t-shirt. Wrestlers under 106 lbs and below are encouraged to bring a friend/drilling partner around the same weight (we cannot promise a partner close to that weight class). This camp will be limited to 40 wrestlers, first come-first serve. You can check out highlights of the 2016 camp at:

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Train Hard, Train Tough,
Train Tusky Tough