



2017 CRAB & LEG RIDING CAMP
May 30th & 31st

\$115

Wanna chose top no matter what the score is? Imagine the feeling of being able to turn your opponent at will from multiple riding positions.

Learn the crucial breakdowns and rides that will set up any turn with your legs or crab ride.

Spend just a few days in the CMP crab and leg riding system learning the basic transitional positions and gain the ability to attack near fall positions from top on the best kids in the country.

The Compound's unique teaching approach is a proven system to focus on one specific area in depth to teach any and all skill levels of wrestlers. "Attacking" base positions in a controlled technical environment over a condensed learning period produces high level results within days.

Where: Mill Valley High School 5900 Monticello Road Shawnee, KS 66226

When: May 30th & 31st | 9AM-3:30PM 3 sessions

Reminder: Pack lunches and snacks for each day

Clinician: CMP Coach Cliff Fretwell

For: All ages and skill levels.

Further Questions Contact: [Travis Keal](mailto:tkeal@usd232.org) | tkeal@usd232.org | 913-645-6050