

ROYCE ALGER'S

IOWA SCHOOL OF WRESTLING

PRESENTING THE DAN GABLE 17 STATIONS OF WRESTLING
WRESTLING CLINIC

Held

November 20
Sacramento City College
North Gym 212
Sacramento, California

5:30 p.m. - 8:30 p.m.

(Films and weightlifting presentation included.)

COST OF CAMP IS \$40.00 PER INDIVIDUAL

ATHLETE & \$60.00 PER FAMILY

For information call:

Alger Camps-

(515) 250-7876

royce.alger@transworldsystems.com

Jim Thrall-

(408) 499-9536 cell

jthrall@gmail.com

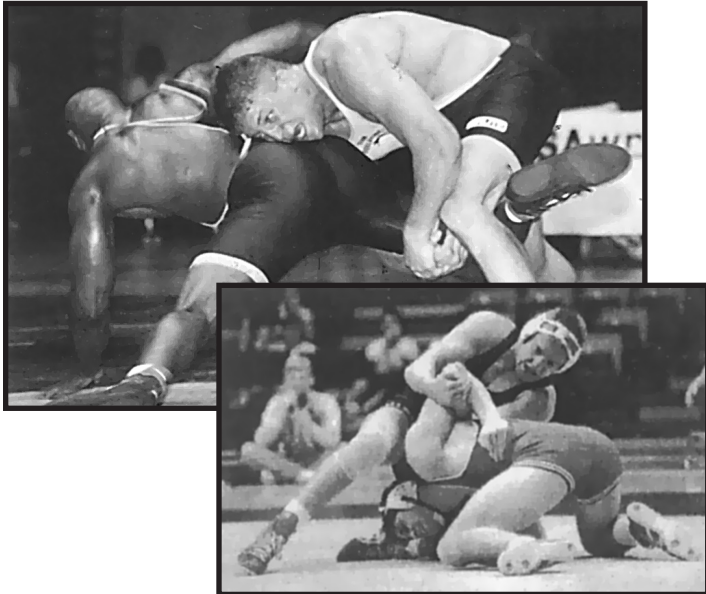
To pre-register, please mail in checks to:

David Pacheco-Wrestling
Sacramento City College
3835 Freeport Blvd.
Sacramento, CA 95822

Make checks payable to Royce Alger Clinics.

Please bring money to the door,

first 100 wrestlers to pay are guaranteed spots.



- **HEAD COACH OF TITAN MERCURY WRESTLING CLUB**
- **FORMER COACH AT UNIVERSITY OF IOWA**
- **3X STATE CHAMPION**
- **3X BIG TEN CHAMPION**
- **2X NCAA CHAMPION**
- **2X WORLD CUP GOLD MEDALIST**
- **1990 WORLD SILVER MEDALIST**
- **3X US OPEN CHAMPION**
- **2X PAN AMERICAN GOLD MEDALIST**
- **LEARN FROM ONE OF DAN GABLE'S FINEST HAWKEYES**

Camp Techniques

Control tie ups • Short offense (knee taps, front head locks) • Inside trips and foot sweeps

European sprawl defense drills • European finishes • Hand fighting

Get your wrestlers ready for upcoming tournaments.

OFFICIAL REGISTRATION FORM

First *Last* *Age*

Address *City* *State* *Zip*

Telephone *Grade*

