



Reed High Small Gym

Events meet at or are held in the Reed High School **small** gym: 1350 Baring Blvd, Sparks, NV unless otherwise specified. All training targets middle-high school experienced wrestlers.

Friday November 2nd, 2018

- 4:00-6:00pm **Session I** with Reed Staff

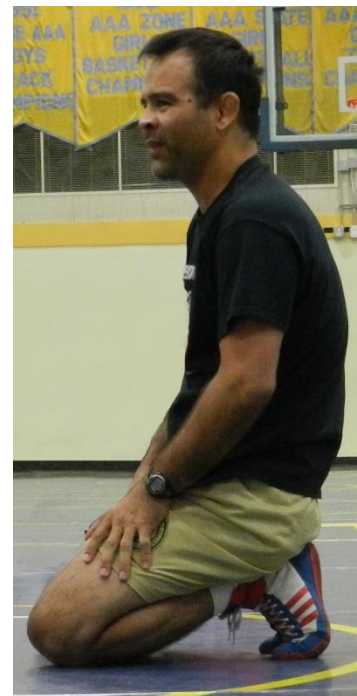
Saturday November 3rd

- 8:00-8:30am Wrestling Speed Drills in Reed Small Gym
- 8:45-9:15 Pancake Breakfast
- 9:30-11:30 **Session II** with Coach Abas
- 11:30-1:00 Lunch on your own
- 1:00-3:00 **Session III** with Coach Abas
- 3:00-3:30 Talk with Coach Abas
- 4:00-5:00 **Session IV** with Coach Spiker

Sunday November 4th

- 8:00-8:30am Wrestling Core Drills in Reed Small Gym
- 8:45-9:15 Pancake Breakfast
- 9:30-11:30 **Session V** with Coach Abas
- 11:30-1:00 Lunch on your own
- 1:00-3:00 **Session VI** with Coach Abas
- 3:00-3:30 Talk with Coach Abas

Visit reedwrestling.com/axecamp or contact Coach Klapp with questions mklapp@washoeschools.net 775-240-2862



Freestyle National Champion, Coach Espinoza, teaching underhooks at Team Nevada in spring, 2015