



## Off Season Information and Wrestling Camp – 2017

We will be attending the University of Tennessee-Chattanooga (UTC) Wrestling Camp as a team this summer. The camp we will be attending will be June 11-14. When school is out, we will have practices on Monday and Wednesday evenings from 6:30-8:00pm beginning on May 31st. There will be weight training workouts on Monday, Wednesday and Thursday starting on June 5th. **We are sending this information out now so that you can plan your family vacations/events for the month of July.**

There will be several other wrestling functions this summer as well. Please see the attached calendar for other summer wrestling information. *Please try to make the UTC camp and weeknight practices your priority!* We also plan to attend some summer duals and will occur at high schools on Saturday's in June where we can get additional matches for our wrestlers.

Starting *at the end of March*, many of our wrestlers will be training in the Olympic styles (Freestyle/Greco Roman) at The Compound training center nearby in Buford. It is highly recommended that if you are not in a spring sport that you get involved with this Olympic wrestling training at the Compound! **Six of our eight state qualifiers this year have wrestled in the Spring Olympic styles over the past 4 years!** There are also several freestyle and greco tournaments that you can compete in during the spring. If you need info about the Compound Training center in Buford contact Coach Gassman .

*As you can see, there are a lot of opportunities for off season wrestling. These are the kinds of things that Mountain View wrestlers are in need of to improve for the upcoming season. Each year we have continued to close the gap on the elite wrestling teams and this training plan is essential to that continued success!*

*During the summer, if you are involved in another school sport, find a way to do both as you are blessed to be a multi-sport athlete. The off season commitment has a lot to do with your success in the winter!*

“ There is plenty of time in the day to add a little bit more and be a little more focused and try and wrestle.” - Cael Sanderson, Penn State coach



EXPECT TO WIN  
2015, 2016, 2017 Area Dual Champions



# CHATTANOOGA WRESTLING CAMPS

June 11 - June 14  
Chattanooga, Tennessee

## 2017 TEAM CAMP I

Overnight Registration	\$375.00
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EXPECT TO WIN  
2015, 2016, 2017 Area Dual Champions



## Freestyle/ Greco Season: (April-June)

Some consider this the most fun time of the year. With the State Championships over we switch gears and focus on Olympic style wrestling. This is what the truly committed athletes live for. We always tell our athletes to "Dream Big" and truly believe that we have some future potential Olympic Champions! This olympic style of wrestling is crucial in learning fundamental techniques that are used in folkstyle wrestling.

A LARGE portion of our in season training is focus around mental preparation and sharpening their minds for not only competition but in life. We are very goal oriented with all groups and encourage each athlete to set out their own plan for success.

### Why Freestyle/Greco Wrestling

- 1 Summer wrestling makes winter champions
- 2 Find the best competition
- 3 Sharpen folkstyle techniques
- 4 Master the art of winning close matches
- 5 Finish shots quick and preferably on the feet
- 6 Control opponent and learn to use edge of the mat

### CMP North Contact Information

Have a question, comment, or concern?

Address:

4851 Bryant Rd, Buford GA 30518

Phone numbers:

(866) CMP-5955

Email:

north@cmptrained.com

## Mountain View Wrestling

The Compound would like to welcome all Mountain View parents and wrestlers to come train with us this postseason and summer. Coach Gassman has contacted us and is encouraging all wrestlers to take advantage of this opportunity. Summer wrestlers make winter champions!

### Compound Training Facility | Info and Special Pricing Sheet

Regular Pricing and Membership Info:		Special Mtn View Pricing (10 or more kids)
Single session:	\$25	\$20
5-pack:	\$100	\$80
Unlimited Monthly:	\$140	\$112
Unlimited 3 Month:	\$360	\$288
Unlimited Yearly:	\$1300	\$1040

#### Compound Training Facility

4851 Bryant Rd, Buford GA 30518

[www.cmptrained.com](http://www.cmptrained.com)

#### Practice Schedule

Monday, Tuesday & Thursday: 6:30-8pm

Sunday: 4-6pm

#### Contact:

Pete Yates (head coach)

[pete@cmpteamwear.com](mailto:pete@cmpteamwear.com)

(770) 366-2522



# SPRING AND SUMMER TRAINING CALENDAR

“To be totally tough and the best in this sport it requires one thing...full bore commitment!  
100% IN!!! There is no other way to become the best! - Bill Zadick, 2006 World Champion,  
NCAA Champion



After school Weight Training (WTTR) : TBA

\$\$Save money for UTC camp!

# March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 NCAA'S	17 NCAA'S	18 NCAAS
19	20 Team Banquet	21	22	23	24	25
26	27 Compound Training starts	28 Freestyle /Greco Roman training at Compound	29	30	31 	

# SPRING AND SUMMER TRAINING CALENDAR

"Right out of high school I never had the fear of getting beat, which is how most people lose."




[Dan Gable](#)



After school Weight Training (WTTR) : TBA

\$\$Save money for UTC camp!

## April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Spring Break	3 Spring Break	4 Spring Break	5 Spring Break	6 Spring Break	7 Spring Break	8 Spring Break
9	10  Freestyle /Greco Roman training at Compound	11	12	13	14	15
16	17  Freestyle /Greco Roman training at Compound	18	19	20	21	22
23	24  Freestyle /Greco Roman training at Compound	25	26	27	28	29
30						

# SPRING AND SUMMER TRAINING CALENDAR



I'm a big believer with high standards and raising them. We make progress only when we push ourselves to the highest level. If we don't progress, we backslide into bad habits, laziness and poor attitude." - Dan Gable



After school Weight Training (WTTR) : TBA

\$\$Save money for camp! \$\$

## May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 Freestyle /Greco Roman training at Compound	3	4	5	6
7	8 	9 Freestyle /Greco Roman training at Compound	10	11	12	13 FS/GR State @ MV
14	15	16	17	18	19	20
21	22 exams	23 exams	24 exams	25	26	27 SER @ GWCC
28 SER @ GWCC	29 MEMORIAL DAY	30	31 First Summer Practice 6:30pm	1 Summer Practice 6:30pm	2	3



Weight Training (WTR) : TBA

# June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Summer Practice 6:30pm	2 Archer Duals	3 Archer Duals
4	5 Team Practice 6:30pm	6	7 Team Practice 6:30pm	8	9	10 S.Forsyth duals
11 UTC camp	12 UTC camp	13 UTC camp	14 UTC camp	15	16	17
18 Fathers Day	19 Team Practice 6:30pm	20	21 Team Practice 6:30pm	22	23	24 N.Hall Tourn
25	26	27	28	29	30	