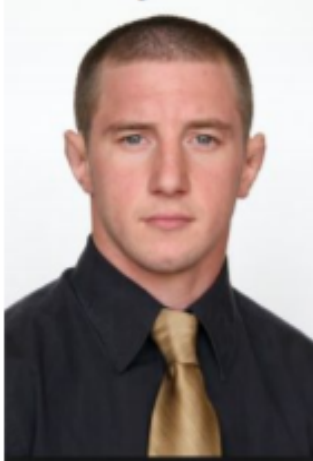


2021 Cobra Wrestling Camp

July 19, 20, and 21

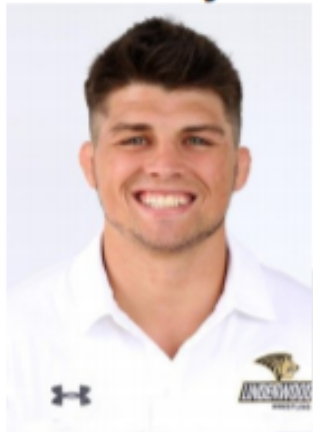
At Council Bluffs Abraham Lincoln High School
1205 Bonham Street

Jimmy Rollins



-Lindenwood Head Wrestling Coach
-NAIA/NJCAA National Champion
-4x All-American
-South Jersey Hall of Fame

Jonce Blaylock



-Lindenwood Asst. Wrestling Coach
-4 yr. letter winner at Oklahoma State
-Fargo/University All-American
-3x State Champ

The Cobra Wrestling Camp welcomes the Lindenwood University Coaches and Wrestlers to Abraham Lincoln High School. This camp will focus on skilled technique and drills used in college practice rooms throughout the nation. Lindenwood University placed 3rd at the 2021 D2 National Tournament.

All ages are welcome at the camp. Camp groups will be split groups based on skill/age level/gender. Coaches are welcome.

Sessions will include but are not limited to technique, drilling, live wrestling, and nutrition.

Fee- \$75 if pre-registered by 7/12/21
After 7/12/21- \$100
Register at cbcobrawrestling.org

Schedule:

Monday, July 19-

- 1st Session- 9:00am-11:30am
- Lunch- Not Provided
- 2nd Session- 12:00pm-2:00pm

Tuesday, July 20-

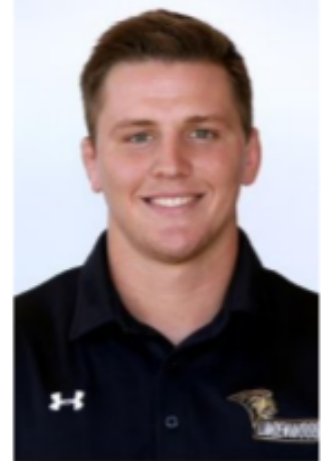
- 3rd Session- 9:00am-11:30am
- Lunch- Not Provided
- 4th Session 12:00pm-2:00pm

Wednesday, July 21-

- 5th Session- 9:00am-11:30am

For questions or concerns
please call/text:
Adam Manz-712-310-9950
August Manz-712-310-1372

Dallas Smith



-Lindenwood Asst. Wrestling Coach
-4x D2 NCAA All-American
-NCAA D2 Champ, 2x Finalist

Mike Mena



-Lindenwood Head Women's Coach
-University of Iowa 4x All-American
-4x Illinois State Champ
-2015 Glen Brand Hall of Fame