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Live Oak Camp  
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**Saturday June 13<sup>th</sup> (11am-4pm)**

Live Oaks High School, Hwy 16, Watson, LA, 70706



**\$50 per Wrestler** / (Lunch not included)

**Session 1 (11-1)**

**Lunch Break (1-2)**

**Session 2 (2-4)**

Coach Ryan King

Director of King Select Wrestling  
8x National Team Champions  
Over 150 Individual National Champions

15x National Team Coach  
18 World All Star Team Members  
Over 400 National Medalists

Coach Khris Whelan

Past Assistant Coach At Mizzou  
Midlands Champion  
Div I All American

Past Head Coach at SIUE  
4x Junior National Champion  
Great Brittan National Coach

**\*Open to wrestlers from all clubs, schools, and Programs**

**\*We will cover several techniques from all positions. Training Sessions will consist of repeating 15 minute drilling circuits, followed by 15 minutes of live wrestling.**

**To reserve a spot or for additional information please contact:**

Tony Ingram / [217-620-7835](tel:217-620-7835) / [ingram63@yahoo.com](mailto:ingram63@yahoo.com)

Norvin Hill / [225-636-1066](tel:225-636-1066) / [lowceagles@yahoo.com](mailto:lowceagles@yahoo.com)