

Philosophy

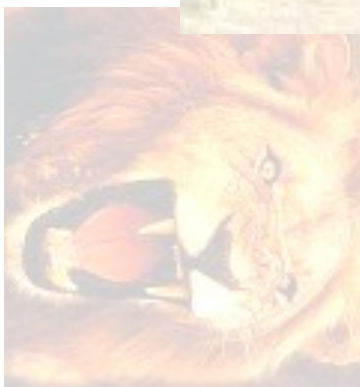
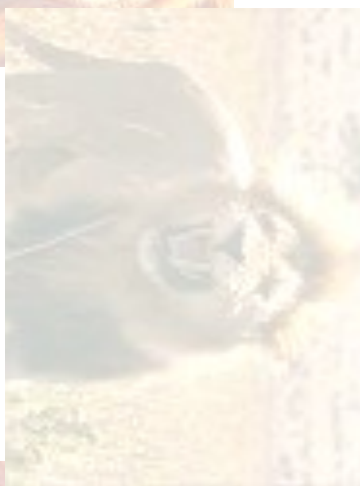
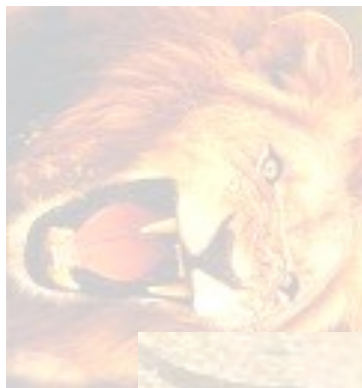


Wrestling is the most physically and mentally demanding sport in athletics. No matter what your style of wrestling is... slick, physical, funk, offensive, defensive... In order to be successful consistently at this sport you have to be Tough. Tough in your training, Tough with your discipline, Tough in your competing.

You have to be willing to pay the price in the wrestling room and in the weight room. You must learn to eat to fuel the body properly as well as to obtain your optimal performance weight. You must set personal goals for training and performance as well as team goals. It is crucial you are discipline with your sleep.

The formula is simple... staying discipline every single day is what becomes tough. Success is not a guarantee, but being tough will give you the best opportunity to accomplish your DREAMS!

Toughness makes DREAMS a reality!



Lee Pritts
8908 Juaquin Lane
Raleigh, NC 27604

(919) 909-2641

Lee_Pritts@ncsu.edu

Lee Pritts' *King of the Jungle* Wrestling Camps



13 Years Division 1 Coaching at

University of Missouri, Old Dominion University, and Currently at North Carolina State

NCAA All-American

2X Florida State Champ

2011
Romeo High School
Romeo, MI
May 13-15

King of the Jungle Wrestling Camps— *“It’s good to be the King!”*

REGISTRATION

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

Parent/Guardian: _____

Work Phone: _____

Participant Signature: _____

I hereby give my full consent and approval for my child to take part as a member of the King of the Jungle Wrestling Camp. I hold harmless the KOTJ Camp Staff, Lee Pritts, and its officers and representatives for any injury suffered in the normal course of participation.

Parent/Guardian Signature: _____

Please make checks payable to

Lee Pritts

Cost: \$100 Per athlete

Discount: \$20 each for multiple family members

Mail to: Jim Cali

7324 Smale

Washington, MI 48094

Last day to mail May 6th

Day of registration available—CASH ONLY

SCHEDULE

Friday—13th

6—7:30pm: Session 1 - Position Drills

Saturday—14th

9—11am: Session 2—Leg Attacks

12—2pm: Session 3— Top Work, learning to return and grind an opponent.

3:30—5:30: Session 3—Bottom Work, Learning the skill set to escape and reverse anyone in the country

Sunday—15th

9—11am: Session 5— Tie it all together

12—2pm —Learning to pressure drill, the key in transitioning your drilling to live.

Questions: Lee_Pritts@ncsu.edu

(919) 909-2641

STAFF



Lee Pritts

17 NCAA All-Americans

51 NCAA Qualifiers

2 NCAA Champs

4 NCAA Finalists

1 JR World Champ

I will be the lead instructor in all sessions. I have a very systematic, step by step approach to teaching wrestling. This makes it easy to learn and execute.

Jim Cali — Romeo High School

Coach Cali and I have been working together for several years. He knows my system and does an amazing job helping instill the technique into every person at camp. Coach has a passion for wrestling.

Location

**Romeo High School
11091 32 Mile Road
Bruce Twp, MI 48065**