

ABAS WRESTLING

**FRIDAY SEPTEMBER 20th &
SATURDAY SEPTEMBER 21th 2024**

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Deer Valley High School

4700 Lone Tree Way
Antioch, CA 94531



FEATURING:

California's First 4X NCAA Div. I All-American

GERRY ABAS

- **4X NCAA ALL-AMERICAN**
- **3X NCAA FINALIST**
- **2X USAW NATIONAL CHAMPION**
- **California Wrestling**

SCHEDULE

FRIDAY CHECK-IN...5:30pm
SESSION I....6:00pm – 7:00pm
SESSION II....7:15pm – 8:30pm
SATURDAY CHECK-IN...8:30am
SESSION III *.9:00am -11:00am
SESSION IV.. 11:30am - 1:00pm

**TOOLS FOR SUCCESS TALK*

****Video recording encouraged****

***TAKEDOWN MACHINE!!**

ELBOW CONTROL – PASSING – MIS-DIRECTION – UNDERHOOKS – DUCKS
HI-C – SWEEPS – LOW SINGLE – RE-SHOT
ABAS ROLL – SCRAMBLING TECHNIQUES
CUTTING EDGE TECHNIQUES **Sample skill set*

"I teach high level Set-ups, Penetration and Finishes in a way that captivates the wrestler to better promote learning.

*Also, I discuss the **Warrior's Mindset** in my **Tools for Success.**"*

– Gerry Abas

"His eye for detail helps him breakdown even the most complex techniques...Gerry optimizes the west coast wrestling style"

- Kendall Cross Olympic gold medals – Atlanta '96

"Gerry is one of the best teachers of wrestling in the country."

- J Robinson Head Wrestling Coach –Univ. of Minn.

"The Abas style redefined the sport of college wrestling"

- T.R. Foley –Intermat (July 2012)

FOR INFO CONTACT:

Coach Rich Madrigal

925-628-3222

shortmadman@yahoo.com

**** Ideal for 10 years old or older, or 2 years exp min.****

\$250 PER TEAM

\$30 PER WRESTLER

Checks payable to

Deer Valley High School