3F WRESTLING PRESENTS A CMP SATELLITE CAMP

SCRAMBLING & LEG ATTACK DEFENSE

Austin, Texas — 3F Wrestling & Westlake High School

DATES	ON THE MAT	COST
OCT 3–4	**9:00 AM**	**$150**
Saturday & Sunday, October 3–4, 2026	9:00 AM – 2:00 PM both days · lunch 11:00–12:00	per athlete

Leg attack defense has become a system, not a reflex. The CMP Scramble system does not replace the defense you already have — it extends it, taking positions that look like uncontrolled rolling and organizing them into technique you can name, drill and score from.

- The high level scramble positions, named and categorized
- Closing the gap between your defense and modern scrambling
- Counters that turn a defensive scramble into points
- Live reps in the positions where most wrestlers panic





THE CLINICIAN

Cliff Fretwell runs the CMP satellite camp tour out of Compound Wrestling in McDonough, Georgia. The approach is the same everywhere it goes: one system, taught in depth, in a condensed window — so wrestlers leave with technique they can actually use, not a highlight reel they cannot repeat.

WHERE	**3F Wrestling & Westlake High School** 1504 Allen Rd, Austin, TX 78746
WHEN	**Saturday, October 3** — 9:00 AM – 2:00 PM **Sunday, October 4** — 9:00 AM – 2:00 PM
CLINICIAN	CMP Coach Cliff Fretwell
WHO IT'S FOR	All ages and all skill levels
BRING	Pack lunches and drinks for the full day
QUESTIONS	**Martin Strmiska** · mwstrmiska@gmail.com · 512.517.1279

REGISTER NOW

cmptrained.com/camps

Turn the scramble into a scoring position.

SCAN TO REGISTER