CMP CAMPS

2026 CAMP TOUR

DATES

OCT 3–4

Saturday, October 3
9:00 AM – 2:00 PM

Sunday, October 4
9:00 AM – 2:00 PM

$150
PER ATHLETE





3F WRESTLING

CMP SATELLITE CAMP · AUSTIN, TEXAS

SCRAMBLING & LEG ATTACK DEFENSE

3F WRESTLING & WESTLAKE HIGH SCHOOL

1504 Allen Rd, Austin, TX 78746

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.

WHO IT'S FOR
All ages and all skill levels

CLINICIAN
CMP Coach Cliff Fretwell

BRING
Pack lunches and drinks for the full day

QUESTIONS
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SCAN TO REGISTER
cmptrained.com/camps