

20  18

NW WC SUMMER CAMP

2017-18 USAW Membership Required

www.USAWmembership.com

CAMP SCHEDULE

July 23 - July 25, 2018 (Mon-Wed)

Elementary 9am - Noon

Middle School 1pm - 4pm

High School 1pm - 4pm

WHERE

Bremerton High School Wrestling Room
1515 13th St, Bremerton, WA 98337

COST

Pre-register through Trackwrestling.com: \$100 (pay online or at the door)

Walk-in registration: \$125

WHAT TO BRING

Wrestling shoes

Clean workout gear (shorts, t-shirt, etc)

Water/fluids

CAMP FOCUS

Controlling and scoring from the most common positions in folkstyle wrestling

Position-based/situational live wrestling (neutral, front headlock, in-on-a-shot, sprawl, top/bottom referee)

Live wrestling

CONTACT

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