 

**SUMMER WRESTLING AND LIFTING CAMP**

Cost $200

June 4th – July 26th

4 Days a week with the option to participate in the Spartan race July 28th (Additional costs do apply, Coach will be participating with the Wrestlers)

Schedule

* Tuesday and Thursday Wrestling
* 7:00 AM to 8:30 AM
* Tech Wrestling Facility
* Located at 1168 W 500 N Centerville, Utah 84014
* Monday and Wednesday Lifting
* 8:30 –9:30AM
* Eastman Fitness Gym
* Located at 239 N 1250 W #3 Centerville, Ut 84014

Coaches

Dereck Wesche – Wrestling: High School All state, Coach at Farmington Jr. High.

Rob Eastman – Trainer: Millcreek Jr. High Coach Certified Personal Trainer, Certified Life Coach, and Resides in the top 100 in Spartan Races.

**Registration will be held at any practice or online at TECHwrestlingclub.com**

For any wrestling questions call Dereck Wesche at 801-200-5343 or email at [Dereckwesche@gmail.com](mailto:Dereckwesche@gmail.com). For Fitness questions call Rob Eastman at 801-898-4321 or email at [eastmanfitness2015@gmail.com](mailto:eastmanfitness2015@gmail.com).