

20  17

NW OPEN CAMP

2016-17 USAW Membership Required

www.USAWmembership.com

CAMP SCHEDULE

July 31 - August 3, 2017 (Mon-Thur)

Elementary 10am - Noon

Middle School 1pm - 3pm

High School 1pm - 3pm

WHERE

South Kitsap High School Wrestling Room
425 Mitchell Ave, Port Orchard, WA 98366

COST

Pre-register through Trackwrestling.com: \$50 (pay online or at the door)

Walk-in registration: \$75

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

Ty Michaelson, Camp Director

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