



YOUTH WRESTLING DAY CAMP

Grades Pre-K – 8th

June 15th – 19th OR July 20th – 24th



Results: We produce results for your wrestler on the mat. More than 25% of the wrestlers placed 1st or 2nd at state. That makes **1 out of every four practice partners from our past camps went on to be an NEUSA State Finalist in 2019**, along with many other state placers who attended camp. Send your wrestler to a camp where you know they are going to have great partners and the coaching staff to give them an edge on their competition.

Who: Pre-K – 8th Grade, **Broken into two groups:**

Competitive wrestlers 3-8 yrs. experience & Beginner wrestlers 0-2 yrs. experience.

Coaches: Josh Gannon and his staff

REGISTER BY 2/29/20 & SAVE 10%!

(Save \$19.90!)

Format:

- Focus on foundational drills, fixing common mistakes, repetition of core techniques, along with learning new techniques and focusing on the details for the experienced wrestlers
- Fun wrestling games that incorporate skill building

Daily Schedule:

• 8:00am – 9:00am	Check-In at Wesleyan	• 12:30pm – 1:00pm	Tumbling
• 9:00am – 11:00am	Wrestling	• 1:00pm – 3:30pm	Wrestling
• 11:00am – 11:30am	Speed & Agility	• 3:30pm – 4:30pm	Fun Activity
• 11:30am – 12:30pm	Lunch	• 4:30pm – 5:00pm	Pickup

Location: Nebraska Wesleyan's wrestling room.

What to Bring: Wrestling shoes, t-shirt, athletic shorts, lunch and a bottle of water or sports drink.

Cost: \$199.00 + Tax

Online Registration Only: www.lincolledge.com/day-camp