



CAMP MISSION:

To help athletes rely more on themselves in order to learn through gaining knowledge of their own body.

June 12-16, 2022

CAMP Check In:

Sunday: 12 pm (Noon) Check In

Thursday: 3 pm Check Out

Note: All meals will be provided.

What to bring: sleeping bag/blanket, pillow, multiple sets of workout clothes, refillable water bottle, towel(s), shower supplies, swim shorts, old tennis shoes or water shoes

Grades 6 – 12

COST: \$375

Send payment to:
Mauston Wrestling Club
N2692 Cassidy Road
Mauston, WI 53948

For additional information, contact us:

Jon Gosda 715-891-0844

Tom Miller 608-469-7535

Coach Dennis Hall's

SUMMER CAMPS

Mauston Talon Center

249 East State Street

Mauston, WI 53948



Areas of Emphasis:

Core Strength

Training (Center of Gravity, Leverage, Body Lock), Take Downs and Various Finishes, Set ups from ALL Positions, and Transitional Wrestling Strategies.

DENNIS HALL CAMPS provide the technique, training, and intensity it takes to become a CHAMPION!



CREATING CHAMPIONS IN LIFE