



# YOUTH WRESTLING DAY CAMP



Grades K – 8<sup>th</sup>

Camp 1: May 30<sup>th</sup> – June 2<sup>nd</sup>

Camp 2: June 12<sup>th</sup> – June 16<sup>th</sup>



**Results:** We produce results for your wrestler on the mat. More than 25% of the wrestlers placed 1<sup>st</sup> or 2<sup>nd</sup> 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 fun, train with some great partners, and learn from our amazing coaching staff to give them an edge on their competition!

**Who:** K – 8<sup>th</sup> Grade, **Broken into two groups:**

**Competitive wrestlers 3-8 yrs. experience & Beginner wrestlers 1-2 yrs. experience.**

**Coaches:** Josh Gannon and his staff

REGISTER BY 1/31/23 & SAVE **15%**  
REGISTER BY 2/28/23 & SAVE **10%**

**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 CES	• 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 University Wrestling Room, 5000 St Paul Ave, Lincoln, NE 68504.

**What to Bring:**

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

**Cost:**

(4 day) May 30-June 2<sup>nd</sup>: \$220.00 + Tax    (5 day) June 12<sup>th</sup>-June 16<sup>th</sup>: \$240.00 + Tax

**Online Registration Only:** <https://app.iclasspro.com/portal/nwtc1>