

# HIGH SCHOOL CATCH UP CAMP 1ST & 2ND YEAR WRESTLER CAMP

**MALE & FEMALE  
GRADES: 9 TO 12**



**LET'S BUILD  
SOME WRESTLERS!**

**SEPT 24 & OCT 1  
THREE SESSION EACH DAY  
10:00 AM TO 3:45 PM**

All wrestlers that attend on Sept 24 will earn a free week of HS club practice for the week of Sept 25-28.  
All wrestlers that attend on Oct 1 will earn a free week of club practice for the week of Oct 2-5

**REGISTER NOW**

**\$20 /day**

**WHAT TO EXPECT**

- Foundational Wrestling Techniques
- High Percentage Wrestling from all three areas.
  - Neutral, Top & Bottom
- Live Wrestling

**Contact Person:**

512.925.5299



**More Information:**

[www.512owc.org/wrestling-camps](http://www.512owc.org/wrestling-camps)

**512 OUTLAW TRAINING CENTER**

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