



GIRLS ONLY

Wrestling DAY CAMP

5-Day Camp: July 15TH - 19th

Who: Grades 2nd – 12th

Broken into two groups:

Competitive wrestlers 3-8 yrs. Exp.

&

Novice wrestlers 0-2 yrs. Exp.

We will break this camp into two groups, allowing for beginner wrestlers to master the basics, while the competitive wrestlers will dive into a higher level of detail on **position**, **pressure**, and **timing** for their wrestling moves. Along with counter moves, and chain wrestling multiple attacks together.

We will instruct, drill, and have live wrestling sessions, progressing every wrestler at camp while still making it fun for younger wrestlers. We will also help you understand the importance of getting a mental edge on your competitions. The beginner group will focus on repetition and fundamental.

Coaches: Josh Gannon and his Staff

Cost: \$150.00

Format:

- Training Broken into two groups, Competitive Wrestlers 3-8 yrs. Exp. & Novice Wrestlers 0-2 yrs. Exp.
- Daily wrestling training, see schedule below.

Daily Schedule:

- | | |
|---------------------|---|
| • 8:00am – 9:00am | Check-In |
| • 9:00am – 11:00am | Technique, Drill, and Situational Wrestling |
| • 11:00am – 12:00pm | Lunch |
| • 12:00pm – 3:30pm | Technique, Drill, Live Situational Wrestling |
| • 3:30pm – 4:30pm | Coach' Choice – Team/character/skill building |
| • 4:30pm – 5:00pm | Pickup |



Sign Up Here

Location: Hawks Training Center - 3107 S 6th St, STE 103, Lincoln, NE 68502

What to Bring: Sneakers, wrestling shoes, athletic wear (shorts & t-shirt), lunch and a bottle of water or sports drink... Along with extra snacks as fuel for the long workouts.

Cost: \$150.00

Registration link:

<https://app.iclasspro.com/portal/nwtc1>