

**Wrestling I Camp**

**June 18<sup>th</sup> – 22<sup>nd</sup>**

**9:00 – 3:00**

**Rising K – Rising 8<sup>th</sup>**

**Hoover Mezzanine**

**\$175.00/child**

**Coach: Jeff Plunk**

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This wrestling camp is for beginners as well as experienced wrestlers. Your son will improve his wrestling from all three positions: neutral, top, and bottom. We will also cover several pinning combinations, and there will be time for the campers to wrestle live to test their new skills. There will also be mat games and other challenges to test the camper's endurance and strength. Campers can bring a lunch or buy pizza, snacks, and drinks from the concession stand.