



## Fourth Annual Warrior Girls Wrestling Fundamentals Camp Friday, May 30, 2025

### **Who:**

Girls entering kindergarten to 12<sup>th</sup> grade with an interest in wrestling. No prior wrestling experience required.

### **What:**

A girls-only wrestling camp that will focus on the fundamentals of scholastic wrestling. For girls with no prior experience, you'll learn the basics. For experienced wrestlers, we'll focus on sharpening your skills and introduce advanced concepts during breakout sessions.

### **Cost:**

Kindergarten to 4<sup>th</sup> Grade (½ day) - \$20.00 per wrestler (to be paid at camp check-in on May 30).

5<sup>th</sup> Grade to 12<sup>th</sup> Grade (full day) - \$30.00 per wrestler (to be paid at camp check-in on May 30).

Registration fee includes camp t-shirt and snacks.

### **Clinicians:**

Wahoo High School Girls Wrestling Coaches and Alumni

### **Lunch:**

All 5-12 grade wrestlers should bring a sack lunch. K-4 grade wrestlers are welcome to bring a sack lunch and eat with the older campers prior to being picked up at 12:30.

### **Time:**

Kindergarten to 4<sup>th</sup> Grade: 8:30 am – 12:30 pm

5<sup>th</sup> to 12<sup>th</sup> Grade: 8:30 am – 3:30 pm

### **Location:**

Wahoo High School Wrestling Room

### **Schedule:**

#### **8:30 am – 9:00 – Check in (Wahoo High School Wrestling Room)**

9:00 am – 9:30 – Introductions, Ice Breakers, and Introduction to Wrestling

9:30 am–10:30 – Instruction: Techniques, Drills, Games & Live Wrestling

10:30 am – 10:45 – Discussion: the Importance of Healthy Eating

10:45 am – 12:00 – Instruction: Techniques, Drills, Games & Live Wrestling

12:00 pm – 12:30 – Lunch (Wrestlers should bring a sack lunch)

#### **12:30 pm – K-4<sup>th</sup> Grade Dismissal**

12:30 – 1:30 pm – Instruction: Techniques, Drills, Games & Live Wrestling

1:30 pm – 2:00 – Discussion: Competition Mind Set

2:00 pm – 3:15 – Matches

#### **3:15 pm – 3:30 – Closing Comments and 5<sup>th</sup> - 12<sup>th</sup> Grade Dismissal**

*\* Schedule is subject to change (check-in and dismissal times will remain the same)*

### **Registration:**

Entries must be received by May 16 to receive a t-shirt.

Camp to be capped at 30 wrestlers.

--To Register, please complete the following Form: <https://forms.gle/yNQqRvVoZQwsfe4j7>

### **Contact For Questions or if Unable to Register via Online Form:**

Ed Raney- (402) 443-2079 or [eraney@wahoowarriors.org](mailto:eraney@wahoowarriors.org)