



First Annual Warrior Girls Wrestling Fundamentals Camp Friday, June 10, 2022

Who:

Girls entering kindergarten to 12th 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 those with experience, we'll focus on sharpening your skills and introduce advanced concepts during breakout sessions.

Cost:

\$20.00 per wrestler (to be paid at camp check-in on June 10).
Registration fee includes camp t-shirt, lunch, and snacks.

Clinicians:

Wahoo High School Girls Wrestling Coaches (additional guest clinicians may be added)

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–11:15 – Instruction: Techniques, Drills, Games & Live Wrestling
11:15 am – 11:30 – Discussion: the Importance of Healthy Eating
11:30 am – 12:00 – Lunch
12:00 pm – 1:00 – Breakout Sessions: (Age Specific Instruction & “Hair Braiding for Wrestlers” Clinic)
1:00 pm – 2:15 – Instruction: Techniques, Drills, Games & Live Wrestling
2:15 pm – 2:30 – Discussion: Competition Mind Set
2:30 pm – 3:15 – Matches
3:15 pm – 3:30 – Closing Comments and Dismissal

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

Registration:

Entries must be received by May 20 to receive a t-shirt.
Camp to be capped at 20 wrestlers.

To Register, please complete the following Form:

<https://forms.gle/ED7P1dcCvKgRiqhD6>

or

Email Ed Raney eraney@wahoowarriors.org

For Questions Contact:

Ed Raney- (402) 443-2079