



## 2022 DWU Wrestling Camps

Inquire for group/team rates

### **GIRLS' TECHNIQUE CAMP: Tuesday-Friday (June 21 – 24)**

*Learn basic to advanced techniques in a girls-only setting from DWU Women's Wrestling coaches and wrestlers. Instruction and coaching will be given in small groups to help campers master the skills covered.*

- Grades 6-12 (open to all experience levels)
- Schedule 9-11 am and 3-5 pm T-W-Th (9-11 am and 1-3 pm Friday only\*)
- Check-in 8-9 am Tuesday, June 21

### **BOYS' TECHNIQUE CAMP: Tuesday-Friday (June 21 – 24)**

*Learn advanced techniques from DWU Men's Wrestling coaches and wrestlers. Progressive drills will improve wrestling in all three positions (top, bottom, neutral), as well as scrambling. Information will be delivered in both large and small group settings to maximize retention.*

- Grades 6-12
- Schedule 11 am-1 pm and 5-7 pm T-W-Th (11 am -1pm and 3-5 pm Friday only\*)
- Check-in 10-11 am Tuesday, June 21

### **YOUTH CAMP: Tuesday-Thursday (June 21 – 23)**

*Learn wrestling basics through games and drills to improve wrestling skills.*

- Grades K-6 (open to all experience levels; boys and girls welcome)
- Schedule 1-3 pm T-W-Th
- Check-in 12-1pm Tuesday, June 21

#### **COST**

#### **GIRLS' CAMP**

- Commuter \$215 (includes camp T-shirt and lunch each day)
- Camper \$335 (includes camp T-shirt, 3 meals/day, 3 nights dorm)

#### **BOYS' CAMP**

- Commuter \$215 (includes camp T-shirt and lunch each day)
- Camper \$335 (includes camp T-shirt, 3 meals/day, 3 nights dorm)

#### **YOUTH CAMP**

- \$80 (includes camp T-shirt)

#### **ONLINE REGISTRATION**

Open Friday, April 15 – Friday, June 17

[www.dwuathletics.com/information/camps](http://www.dwuathletics.com/information/camps)

#### **MAIL-IN WAIVER FORM**

Print form found on registration page

Turn in at check-in, or mail to:

DWU Wrestling

1200 W. University Ave

Mitchell, SD 57301

#### **FOR MORE INFORMATION**

605-995-2149 OR [Casey.Mouw@DWU.edu](mailto:Casey.Mouw@DWU.edu)