

Schedule

Thursday June 27th	
10:00 am - 12:30	Check in
1:00 - 1:30 pm	Camp Intro and Welcome
1:30 - 3:00 pm	1st Session
4:00 - 5:00 pm	Dinner
5:00 - 6:00 pm	2nd Session
6:00 - 7:30 pm	Team Activity
7:30 - 8:30 pm	Ice Cream Social
11:00 pm	Lights Out

Friday June 28th	
7:00 - 8:00 am	Breakfast
8:30 - 10:00 am	3rd Session
10:00 - 11:30 am	Team Activity
12:00 - 1:00 pm	Lunch
2:00 - 3:30 pm	4th session
3:30 - 5:00 pm	Team Activity
6:00 - 7:30 pm	5th Session
7:30 - 8:30 pm	3rd Annual Water Bash

WOMENS
WRESTLING

Saturday June 29th	
7:00 - 8:00 am	Breakfast
8:30 - 10:00 am	6th Session
10:00 - 11:30 am	Pack Up Rooms
11:30 - 12:30	Lunch
1:00 - 3:00 pm	Team Duals
3:00 pm	Checkout at Field House

Details

- wrestling camp for 7th grade - 12th grade
- June 27th - June 29th
- Dakota Wesleyan University Wrestling Room

Cost

Camper \$300 (room and meals included) - Stay in DWU dorms
 Commuter \$200 (lunch included)
 Coach \$100

Camp Information

Folkstyle and Freestyle
 Technique, live, conditioning
 Focus on the process and growth as a wrestler

Explore a college campus
Live in a dorm

What to Bring

Work out clothes

Running shoes

Wrestling shoes

Headgear

Laundry soap

Toiletries

Towel

Snacks

Spending money

Water Bottle

Sheets Twin XL

Pillow

Blanket

Fan

Lawn Chair