

3V Wrestling Club

Summer Training Camp



Who: Boys and Girls currently in grade 3-12

When: July 22-August 2, (Monday-Friday)

Where: Ward Melville Wrestling Room (downstairs)

Time: 1:30 - 3:00 Grades 3-7 Cost: \$250 per wrestler

Time: 3:00 - 4:00 Grades 8-12 Cost: \$200 per wrestler

**Times may vary based on registration numbers*

Registration: Click on the google form link to register or register at the door on **July 22. @the wrestling rm (12:45 pm)**

Google Form Link: <https://forms.gle/wJZLxUZn5kvZy39RA>

We will be hosting a series of wrestling clinics and practices designed to teach the skills and concepts needed to be successful in wrestling for boys and girls.. All experience levels are welcome. Participants must bring their own water and wrestling shoes.

This session will also provide the advanced wrestlers an opportunity to continue their off season work.

Our camp will conclude with an in-club round robin competition

- Any questions can be directed to 3vwrestlingclub@gmail.com

