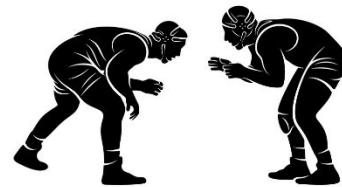


## No Limits Wrestling Club Summer Camp

This Summer **JULY 12<sup>th</sup>-16<sup>th</sup>** from 8am-2:30pm we will be running our first summer camp for wrestlers. This camp is available to club and non-club members. The first group we will be working with will be the 2<sup>nd</sup>-6<sup>th</sup> graders (7-12 years). During camp we will be working with kids on learning new moves, improving technique, and having fun. The last Friday of the camp will conclude with an in-house tournament which all the parents can come and watch. You can register in person at practice Monday/Wednesday 430-730pm or Sunday 9-1pm. For information contact Coach Emman with questions 6313381143.

Things the campers will need. A notebook and pencil, lunch/drinks/snacks, an extra pair of clothing, wrestling shoes, and a good attitude. Each participant will be given a free private lesson once a day from one of the coaches (20 minutes). A typical day....

- **Early Arrival: 7:30am**
- Arrival and breakfast: 8-8:15am
- Warmup and Agilities: 8:15-8:45am
- Technique and drilling 8:45-10:00am
- Live wrestling and situations: 10:00-11:30am
- Lunch: 11:30-12:00pm
- Exercise, conditioning, and games: 12-12:45pm
- Matches and Review: 12:45-2:30pm
- Pick up: 2:30pm
- **Late pick up: 3pm**



**Price:**

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- Early Registration Before Sunday **May 23rd** \$150 for members, **Second child \$50 off**
- \$200 for week all kids. Monday-Friday 8-2:30pm
- \$100 for half-day campers Monday-Friday 8-11:30am or 11am-2:30pm
- \$50 per day for drop in full day 8am-2:30pm
- \$25 per day for drop in half day 8-11:30am or 11-2:30pm
- Registration money due by Sunday June 13<sup>th</sup>. Late Registration is \$25
- \$10 per day for early drop off at 7:30am
- \$10 per day for late pick up after 3pm

**Camp Counselors: Matt Sganga, Ruben Cruces, John Delvecchio, Tyler Pelech, & Jessica Key**

Name	
Birthday/Grade/Age	
Contact number	
Email	
Address	
Full Day/Half Day	
Parent Signature	