



## **EAGLE YOUTH WRESTLING CAMP**

**\*\*DESIGNED FOR FIRST TIME WRESTLERS TO ADVANCED\*\***

**WHEN:** June 2,3,4                      10:00 am-11:30 am

**WHERE:** Wood River High School Wrestling Deck

**ABOUT THE CAMP:** Campers will participate in FUN wrestling related activities all geared towards learning the basic skills and fundamentals of wrestling. There will be organized practice activities, live wrestling, and wrestling related games. The camp will be run by Coach Waddington, his staff, and current varsity wrestlers. Camp will put emphasis on individual skills, teamwork, and having fun with the sport of wrestling. **\*THIS CAMP is the perfect opportunity to try wrestling for the first time without fear of losing or competing. Wrestling can provide so many benefits such as fitness, self esteem, toughness, tenacity, and self defense being a few of them.**

**WHO CAN PARTICIPATE:** All WOOD RIVER youth currently in grades **K-8** may sign up and attend the camp. No prior wrestling experience is necessary, first time kids are welcome!!

**COST OF CAMP:** This camp is FREE of charge! FREE, FREE, FREE! We want to get our youth excited about the sport so we are offering this at no cost.

**WHAT YOU NEED TO BRING:** Workout shorts and tshirt, wrestling shoes if you have them. If you don't have wrestling shoes you may participate in your socks!!

**APPLICATION DEADLINE:** PRIOR TO CAMP! Please use the following link to register your child or multiple children. [Camp Sign Up](#) There are just a few short questions to complete the registration!! **\*\*Make sure to register before the day of camp! If you forget we will still take walk ins!\*\***

**\*\* Due to uncertainty with Covid-19, the make-up dates for this camp will be July 6, 7, 8. It is possible this date could change as well and we will due our best to keep everyone posted!\*\***

Any questions feel free to email coach Waddington at [dwadding@wrrsd.org](mailto:dwadding@wrrsd.org) or call 308-583-2249 and ask for coach Waddington.