



BOYS WRESTLING CAMP

SESSION 2 - JULY 10 - JULY 14

OPEN TO GRADE 5-10

TIME: 9AM - 12 PM

COST: \$325

www.kellenbergsummercamps.org

Contact: Joe Fiore

mrfiore@kellenberg.org

The Kellenberg Wrestling camp is designed to teach the fundamentals of the sport of wrestling in a fun environment and to challenge wrestlers to develop more advanced techniques. The week will consist of the basic skills needed to improved their wrestling abilities including takedowns, escapes and pinning combinations. These skills will be reinforced through drills, games and live wrestling. Each camper will receive individual wrestling instruction from the Kellenberg Coaching Staff, current wrestlers and alumni college wrestlers. In addition, we will have competitions and daily games throughout the week.

Click to Register: <https://www.kellenberg.org/camps/>