

Walnut Wrestling Summer Camp 2019



WHEN : JULY 8 - AUGUST 8
MONDAY - THURSDAY

FROSH / SOPH - 2 - 330 pm
VARSITY 330 - 5pm

COST \$150
\$100 FOR SIBLINGS

CAMP INCLUDES 1 T-SHIRT

Wrestling is a great sport because ANYBODY can do it. The sport of wrestling also helps young people develop important qualities such as self esteem, sportsmanship, work ethic and leadership skills. Wrestling is the world's oldest sport and teaches control, not violence.

Wrestling develops agility, balance, reflexes and strength in every major muscle group and can dramatically improve one's ability to perform in other sports.

***ALL SKILL LEVELS ARE WELCOME TO JOIN ***