

# COUGAR WRESTLING CHAMP CAMP



## QO WRESTLERS AND INCOMING FRESHMEN!

Get ready to level-up at our 3rd annual *QO Wrestling Champ Camp*, kicking off June 3rd in the QO Wrestling Room!

Whether you're a seasoned wrestler or new to the sport, *Champ Camp* is designed to take your skills and mindset to the next level!

Join us for 12 dynamic sessions of skill-building, mindset training, wrestling and games. It's not just about wrestling; it's about camaraderie, growth, and *FUN! .... and it's FREE!!*

Don't miss out on this opportunity to get better and unleash your full potential on the mat. *Sign up now!*

## SKILL-BUILDING, MINDSET TRAINING, WRESTLING AND GAMES



### SESSION DATES

TUES 6/3 (3:15-5:15pm)  
THURS 6/5 (3:15-5:15pm)  
TUES 6/10 (3:15-5:15pm)  
THURS 6/12 (3:15-5:15pm)  
MON 6/16 (12:30-2:30pm)  
TUES 6/17 (12:30-2:30pm)  
WED 6/18 (10am-1pm)  
MON 6/23 (10am-1pm)  
TUES 6/24 (10am-1pm)  
WED 6/25 (10am-1pm)  
MON 6/30 (10am-1pm)  
WED 7/2 (10am-1pm)

STUDENTS MUST BE REGISTERED THROUGH SYNERGY WITH A CURRENT PHYSICAL TO PARTICIPATE