

QO COUGAR WRESTLING CHAMP CAMP



QO WRESTLERS AND INCOMING FRESHMEN!

Get ready to level up at our 4th annual **QO Wrestling Champ Camp!** Session 1 (of 2) kicks off June 8th in the QO Wrestling Room! (6/8-6/17 - MTW 3:30-5:30pm)

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

Join us for 6 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! **Get info @ QOWRESTLING.COM**

FREE!
**BOYS &
GIRLS!**

6/8
6/9
6/10
6/15
6/16
6/17



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