

Wrestling Camp for grades 1st-12th

Hosted by Findlay Youth Wrestling Club

Sponsored by: info TBD

June 20-22, 2019

10:00 am - 3:30pm daily

At Gateway Church, 9555 CR 9, Findlay, OH 45840

COST: \$100 by May 1, 2019 / \$125 by June 1, 2019

Due no later than June 1, 2019 (camp fee non-refundable after June 6th/returned if not placed in camp.)

Placement in the camp is 1st come 1st served after Findlay Team Wrestlers have been placed. Space is limited.

FOOD: Pack your own snacks and lunch

Coach Jim Gruenwald

Head Wrestling Coach Wheaton College Thunder wrestling team

2x US Olympic Greco Roman wrestling team (2000 - 6th, 2004 - 10th)

3x US Champion

Fellowship of Christian Athletes Wrestling Board Member

Camp Goals

- Develop character and leadership skills
- Knowledge of proper nutrition
- Learn to wrestle smart and hard
- Build up core strength and improve athletic skills, i.e. Proprioception and kinesthetic awareness
- Learning high-percentage low-risk techniques
- Learning to be a complete wrestler by using the whole body.

Necessary Items

- Good attitude, willingness to work hard and learn
- Wrestling shoes, socks and shorts,
- T-shirt (2 recommended per day)
- Appropriate undergarment
- Water bottle.

Camp Schedule

EACH DAY WILL INCLUDE THE FOLLOWING:

- 2 hour wrestling session
- 1.5 hour lunch break, followed by another 2 hour wrestling session.

Each wrestling session will be broken down into five segments:

- 1.) Warm-up,
- 2.) Core strength development and improvement of athletic skills
- 3.) Technique
- 4) Semi-live wrestling
- 5.) Finish with small segment on nutrition, character, or leadership.

For information or registration forms contact Kathy Mitchell

419-819-0153

Email kmitch1745@aol.com