



LeVici Prep's Feature 3-Day

# SUMMER CAMP

## WHO IT'S FOR

- Advanced youth, middle school, high school & collegiate wrestlers
- Athletes serious about competition and long-term development

## WHAT YOU'LL LEARN

- Body leveraging and sequential muscle order to optimize wrestling technique
- Check out Wrestling Prep on social media   @wrestlingprep

*\*Limited to 100 wrestlers\**

## CAMP DETAILS

- **Dates:** June 12-14, 2026
- **Times:** 9:00 AM – 4:30 PM daily
- **Location:** Eden Prairie HS, Minnesota
- **Cost:** Early bird \$295 by March 1 • Regular \$335 (includes performance t-shirt & camper dinner on Saturday catered by Thumbs Up Jamaican Jerk)

Refunds available until May 15, minus \$50 non-refundable administrative fee



**Contact Us**  
wrestle@leviciprep.com



**More Information**  
leviciprep.com



# X



**FEATURING**  
**COACH CAROLYN**  
**WESTER**

9 AM - 4:30 PM

# 12-14

JUNE

**EDEN PRAIRIE**  
**HIGH SCHOOL**

17185 VALLEY VIEW RD.,  
EDEN PRAIRIE, MN 55346

## CAMP DETAILS

**Dates:** Friday, June 12 - Sunday, June 14, 2026

**Time:** 9:00 am - 4:30 pm

**Location:** Eden Prairie High School

\*Main Gym inside the Activity Center Entrance on north side of building

Please plan to arrive **15-30 minutes early** on Day 1 for check-in

## WHAT TO BRING EACH DAY

**Packed Lunch**

**Water Bottle:** There will be refill stations available

**Training Gear:** wrestling shoes, normal practice gear, change of shirt

**Optional Items:** notebook and pen for technical notes, light layer (hoodie/long sleeve) for between sessions, any personal medication they may need during the day

## WHAT'S INCLUDED IN CAMP

3 days (18 hours) of instruction with **World Class Coach Carolyn Wester**

Performance camp **t-shirt**

Camper **dinner on Saturday** catered by Thumbs Up Jamaican Jerk (Nechia LeVesseur's dad)

Our goal is that athletes leave camp with new skills and a clearer idea of how to level up next season.

## DAILY CAMP SCHEDULE (SAMPLE)

8:30 AM - 9:00 AM - Arrival / Sign-in

**9:00 AM - 12:00 PM - Session 1**

12:00 PM - 1:30 PM - Lunch

**1:30 PM - 4:30 PM - Session 2**

4:30 PM - 5:30 PM - Check-out / Departure (Fri/Sun)

4:30 PM - 7:30 PM - Camp Dinner (Sat)

## CHECK-IN & PICK-UP

**Check-In (Day 1):** We will have a check-in area near the Main Gym for quick roster confirmation and to hand out t-shirts

**Pick-Up:** Athletes will be dismissed at 4:30 PM from the Main Gym

## REFUND POLICY

Cancellations received **on or before May 15** will receive a refund of the camp fee **minus the \$50 non-refundable administrative fee**. Cancellations **after May 15** are **non-refundable**, but registrations may be **transferred to another wrestler** with prior approval.