

## 8th Annual Anamosa Wrestling Camp



**Cost:** Free!

**Where:** Anamosa High School – Wrestling Room

**Who:** Pre K-12th grade boys and girls (Parent helpers welcome)

**What:** Wrestling camp offers wrestlers the opportunity to learn the sport of wrestling and improve on current wrestling skills. Wrestling camp helps to build self-esteem and confidence through discipline and hard work. Good leadership and teamwork are skills that are promoted as well as focus, concentration, goal setting, work ethic, and positive thinking. All wrestlers are required to have good sportsmanship and will need to treat the coaches and other teammates with respect or they will be asked to leave.

**Attire:** Shorts/t-shirts/sweats/socks and/or wrestling shoes. No street clothes/shoes

**Questions:** Please contact Scott Wheeler @ 319-330-4591

### Camp Schedule

<b>Dates:</b>	<b>PreK – 3<sup>rd</sup> Grade Times</b>	<b>4<sup>th</sup>-12<sup>th</sup> Grade Times</b>
Boys; Monday, Nov 1 <sup>st</sup>	5:30pm – 6:35pm	6:00pm – 7:30m
Boys; Thursday, Nov 4 <sup>th</sup>	5:30pm – 6:35pm	6:00pm – 7:30pm
Boys; Monday, Nov 8 <sup>th</sup>	5:30pm – 6:35pm	6:00pm – 7:30pm
Boys; Thursday, Nov 11 <sup>th</sup>	5:30pm – 6:35pm	6:00pm – 7:30pm
Boys; Thursday, Nov 18 <sup>th</sup>	5:30pm – 6:35pm	6:00pm – 7:30pm
Girls; Tuesday, Nov 2 <sup>nd</sup>	One group; 5:30pm – 6:45pm	
Girls; Tuesday, Nov 9 <sup>th</sup>	One group; 5:30pm – 6:45pm	
Girls; Tuesday, Nov 16 <sup>th</sup>	One group; 5:30pm – 6:45pm	