

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

Dates:

Boys; Monday, Nov 1st
Boys; Thursday, Nov 4th
Boys; Monday, Nov 8th
Boys; Thursday, Nov 11th
Boys; Thursday, Nov 18th

PreK – 3rd Grade Times

5:30pm – 6:35pm
5:30pm – 6:35pm
5:30pm – 6:35pm
5:30pm – 6:35pm
5:30pm – 6:35pm

4th-12th Grade Times

6:00pm – 7:30m
6:00pm – 7:30pm
6:00pm – 7:30pm
6:00pm – 7:30pm
6:00pm – 7:30pm

Girls; Tuesday, Nov 2nd
Girls; Tuesday, Nov 9th
Girls; Tuesday, Nov 16th

One group; 5:30pm – 6:45pm
One group; 5:30pm – 6:45pm
One group; 5:30pm – 6:45pm

