

WESTAMPTON RECREATION 1 ST ANNUAL SUMMER SKILLS WRESTLING CAMP

DAILY CAMP SCHEDULE

9:00am to 9:05am- Arrival and Attendance
9:05am to 9:20am - Warm Up game/Warm Up Drills
9:20am to 9:30am - Agility Activities
9:30am to 10:00am - Stance, Motion and Penetration Instruction
10:00am to 10:15am - Water and Bathroom Break
10:15am to 11:00am - Takedown and Defense Instruction
11:00am to 11:15am - Water, Snack and Bathroom Break
11:15am to 11:55am - Escapes, Breakdowns, Riding, Tilts and Pinning Inst.
11:55am - Dismissal and Pick up

TO REGISTER

GO TO WESTAMPTON RECREATION WEBSITE

CLICK on: WESTLING CAMP

www.westamptonnj.gov



WRESTLING CAMP INFORMATION

Location: RV HIGH SCHOOL WRESTLING ROOM
Address: 520 Hedding Jacksonville Rd, Mt Holly, NJ 08060
Dates: JULY 27 - JULY 30 Monday thru Thursday
Grades: Kindergarten thru 8th Grade - Boys and Girl's
Times: 9AM-12PM
Cost: \$75 per wrestler

Join us this summer at RVRHS for an exciting wrestling camp designed to build a strong foundation in athleticism and wrestling skills! Open to athletes of all ability levels, our camp provides a positive and encouraging environment to learn, improve, and have fun. Our experienced coaches will teach essential techniques, help develop confidence, and inspire enthusiasm for the sport.

What to Bring / What to Wear

Water Bottle

T-Shirt

Athletic Shorts (NO Zippers)

If you have wrestling shoes or head gear, feel free to bring them but not a requirement

We will mostly be in socks on the mats

Snack and Drink (Juice Box) will be provided daily

THIS IS NOT A SCHOOL SPONSORED EVENT.

