RICHMOND WRESTLING

TEAM AND INDIVIDUAL

WRESTLING CAMP

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RICHMOND HIGH SCHOOL

 JULY 14TH, 15th and 16th

ALL AGES K-12 ARE WELCOME

WE WILL HAVE 3 GYMS FOR INSTRUCTION

– HS, MS, and ELEMENTARY -

ALL MEALS WILL BE PROVIDED

WE WILL HAVE CLINICIANS FROM CAMPBELL, OLIVET, TRINE, LIFE, SIUE AND MORE…

Cost: $100 per camper or $800 per team

Please make all checks payable to RWAA

**ONLINE REGISTRATION IS NOW OPEN**

richmondcamp.weebly.com

Questions??

Preston Treend (ptreend@richmond.k12.mi.us) Brandon Day (bday@richmond.k12.mi.us)



CAMP ITINERARY

**July 14th**

11:30AM - REGISTRATION

12:30-2:30PM - TECHNIQUE SESSION # 1

2:30-3:3OPM - LATE LUNCH

3:30-5:00PM - TECHNIQUE SESSION # 2

5:00PM - SHOWER

5:30-6:30PM DINNER

7:00-8:30PM - LIVE WRESTLING SESSION #1

8:30PM - SHOWER

9:00-11:00PM – SNACKS and PIZZA

11:00PM LIGHTS OUT

**July 15th**

7:00 AM – RUNNING WORKOUT ON TRACK

8:00AM - BREAKFAST

9:00-11:00AM - TECHNIQUE SESSION #3

11:00AM - SHOWER

11:45AM-12:45PM - LUNCH

1:00-3:30PM - TECHNIQUE SESSION #4

3:30PM - SHOWER UP

4:00-5:30PM - DINNER

6:00-7:30PM - LIVE WRESTLING SESSION # 2

8:30PM - SHOWER

9:00-11:00PM – SNACKS and PIZZA

11:00PM LIGHTS OUT

**July 16th**

7:00 AM – RUNNING WORKOUT ON TRACK

8:00AM - BREAKFAST

9:00-11:00AM – LIVE WRESTLING SESSION #3

11:00AM - SHOWER

11:45AM – CLEAN UP AND DISMISSAL