

# 10th Annual Anamosa Wrestling Camp



**Cost:** FREE!!!

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

**Who:** PreK-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 or Benji Silver @ 319-929-2279

## 2023 Camp Schedule – October 23<sup>rd</sup> thru November 2<sup>nd</sup>

### Camp Dates

Monday, Oct. 23<sup>rd</sup>  
Thursday, Oct. 26<sup>th</sup>  
Monday, Oct. 30<sup>th</sup>  
Thursday, Nov. 2<sup>nd</sup>

### PreK – 2<sup>nd</sup> Graders

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

### 3<sup>rd</sup>-12<sup>th</sup> Graders

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

***Sign-ups for Club are October 30th & November 2nd***

## Club Schedule Starting Monday November 6<sup>th</sup>, 2023

### **Days of the Week:**

Mondays  
Tuesdays  
Thursdays

### **PreK – 2<sup>nd</sup> Grade Times**

5:30pm – 6:30pm  
5:30pm – 7pm (3rd-12th competing in 4 or more tournaments)  
5:30pm – 6:30pm

### **3<sup>rd</sup>-12<sup>th</sup> Grade Times**

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

***AWC Mini Raider Tournament is Saturday November 18<sup>th</sup>, 2023.***