

9th 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

2022 Camp Schedule – October 24th thru November 7th

<u>Camp Dates</u>	<u>PreK – 3rd Graders</u>	<u>4th-12th Graders</u>
Monday, Oct. 24 th (Boys)	5:30pm – 6:35pm	6:00pm – 7:30pm
Tuesday, Oct. 25 th (Girls)	One Group from 5:30pm – 7:00pm	
Thursday, Oct. 27 th (All)	5:30pm – 6:35pm	6:00pm – 7:30pm
Monday, Oct. 31 st	<i>NO CAMP... It's HALLOWEEN!!!</i>	
Tuesday, Nov. 1 st (Girls)	One Group from 5:30pm – 7:00pm	
Thursday, Nov. 3 rd (All)	5:30pm – 6:35pm	6:00pm – 7:30pm
Monday, Nov. 7 th (Boys)	5:30pm – 6:35pm	6:00pm – 7:30pm

Sign-ups for Club are November 1st, 3rd & 7th, 2022

Club Schedule Starting Tuesday November 8th, 2022

<u>Days of the Week:</u>	<u>PreK – 3rd Grade Times</u>	<u>4th-12th Grade Times</u>
Mondays	5:30pm – 6:35pm	6:00pm – 7:30pm
Tuesdays	One Group from 5:30pm – 7:00pm (<i>Competitive Practice</i>)	
Thursdays	5:30pm – 6:35pm	6:00pm – 7:30pm

AWC Mini Raider Tournament is Saturday November 19th, 2022.