



WRESTLING FUNDAMENTALS CAMP

JUNE 23-25, 2025

10AM-12PM

WEATHERFORD NINTH GRADE CENTER

AGES: INCOMING 3RD GRADE TO INCOMING 6TH GRADE

This is a Beginner Camp focusing on wrestling basics for youth interested in the sport. Camp is coached by Weatherford high school boys and girls head wrestling coaches. Emphasis will be on basic positions, footwork, takedowns, breakdowns, and pinning.

Camper requirements:

- T-shirt, shorts, socks (no buttons or zippers)
- Shoes are not required but highly recommended! Shoes can be bought at Dick's, Academy, or online
- Bring water container
- Cost: \$65 for WISD employees, \$75 for all others. Payment will be collected on the first day of camp.

Provided:

- Snacks
- Camp T-shirt
- Top-notch instruction!

Registration will be on-site day one of camp!
Show up at 9AM on 6/23 to register!

Contact: lbenton@weatherfordisd.com