



2nd Annual Warrior Girls Wrestling Fundamentals Camp Friday, June 2, 2023

Who:

Girls entering kindergarten to 12th grade with an interest in wrestling. No prior wrestling experience required.

What:

A girls-only wrestling camp that will focus on the fundamentals of scholastic wrestling. For girls with no prior experience, you'll learn the basics. For experienced wrestlers, we'll focus on sharpening your skills and introduce advanced concepts during breakout sessions.

Cost:

\$30.00 per wrestler (to be paid at camp check-in on June 2).
Registration fee includes camp t-shirt, lunch, and snacks.

Clinicians:

- Wahoo High School Girls Wrestling Coaches
- Kaylee Ricketts - 2023 WHS Graduate, 3 Time State Champion, 2 Time Conference Champion
- Grace Darling - 2023 WHS Graduate, 2023 State Qualifier, 2022 Conference Champion
- Megan Robinson - 2023 WHS Graduate, 2023 Conference Champion
- Katie Elder - 2023 WHS Graduate, 27 wins, 24 pins in 2023

Location:

Wahoo High School Wrestling Room

Schedule:

8:30 am – 9:00 – Check in (Wahoo High School Wrestling Room)
9:00 am – 9:30 – Introductions, Ice Breakers, and Introduction to Wrestling
9:30 am–11:00 – Instruction: Techniques, Drills, Games & Live Wrestling
11:00 am – 11:30 – Discussion: the Importance of Healthy Eating
11:30 am – 12:00 – Lunch
12:00 pm – 1:00 – Breakout Sessions: (Age Specific Instruction & “Hair Braiding for Wrestlers” Clinic w/Dani Raney)
1:00 pm – 2:15 – Instruction: Techniques, Drills, Games & Live Wrestling
2:15 pm – 2:30 – Discussion: Competition Mind Set
2:30 pm – 3:15 – Matches
3:15 pm – 3:30 – Closing Comments and Dismissal

** Schedule is subject to change (check-in and dismissal times will remain the same)*

Registration:

Entries must be received by May 19 to receive a t-shirt.
Camp to be capped at 20 wrestlers.

To Register, please complete the following Form:

<https://forms.gle/9Qiwf3n3USLTV1UW7>

or Email Ed Raney eraney@wahoowarriors.org

For Questions Contact:

Ed Raney- (402) 443-2079