

Stars N' Stripes Technique Camp

:: July 1—3 :: \$150 ::

SCHEDULE

WEDNESDAY, JULY 1

2:15-2:45—Check-In
3:00-4:30—Wrestling
7:00-8:30—Wrestling

THURSDAY, JULY 2

9:00-10:30—Wrestling
1:00-3:00—Wrestling
4:30-6:00—Wrestling
7:00-8:30—Optional Wrestling (HS)

FRIDAY, JULY 3

8:00-9:00—Wrestling
11:00-12:30—Wrestling

Victory School of Wrestling
PO Box 804
River Falls, WI 54022

Kevin@victoryschoolofwrestling.com
(715) 441-2980



A technique-focused camp that will present exciting and fun way to develop basic techniques and to be exposed to high level skills.

You will need 3-4 sets of workout clothing, outdoor clothes, a sleeping bag and pillow and food/food money.

Seven Basic Wrestling Skills:

1. Stance
2. Motion
3. Changing Levels
4. Penetration
5. Lifting
6. Back Arch
7. Back Step



Camp Registration

:: ATHLETE INFORMATION ::

CAMP SCHEDULE

May 23-24—High School Lock-In (\$30)

June 6-7—The Grand Hullabaloo, Vol 3 (\$65)

June 12-14—Victory Stand Camp (\$175)

June 25-28—I Am Victorious Camp (\$150)

July 1-3—Stars N' Stripes Technique Camp (\$150)

July 6-8—"Exclusive" Intensive Training Camp (\$100)

July 10-12—4th Annual River Falls Days Commuter Camp (\$175)

July 27-29—Victory Middle School Intensive Training Camp (\$195)

July 30-August 2—Victory Intensive Training Camp (\$195)

Team Camp Dates: June 22-23; June 24-25; June 29-30; August 3-4; August 5-6; August 26-27; August 28-29.

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Name

Address

City

State

Zip Code

USA Card # (required)

Date of Birth

E-mail Address

Phone Number(s)

T-Shirt Size

Camp(s) Attending

Any Additional Information We Should Know:

