

# SUMMER WRESTLING WORKOUT CAMP

**7TH GRADE & OLDER**

This is a two day camp that will work to improve skills and the learning of new technique. The camp will be held:

July 16th & 17th

at the Salem Hills High School Wrestling room.

Morning Session 8:00 to 12:00

Afternoon Session 1:00 to 5:00

You are invited to attend both sessions, both days!

The camp is free for serious wrestlers, and is hosted by Salem Hills High School Wrestling staff and a current All Big 10 wrestler from Northwestern.



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