



THE SASKATOON WRESTLING CLUB
IN CONJUNCTION WITH
SASKATCHEWAN WRESTLING PRESENTS

SASK FIRST CANADA GAMES XMAS WRESTLING CAMP

DATES: MON DEC. 29 – TUE. DEC. 30

**LOCATION: WALTER MURRAY COLLEGIATE
PRESTON AVE AND TAYLOR ST., SASKATOON**

REGISTRATION: MON DEC 29 – 9:40 a.m.

SESSION TIMES

MON DEC. 29 10:00 a.m. - noon
1:15 p.m. – 3:00 p.m.
3:00 P.M. – 4:00 p.m. – strength and conditioning training

TUES DEC. 30 10:00 a.m. – noon
1:15 p.m. – 3:00 p.m.
3:00 p.m. – 4:00 p.m. – strength and conditioning training

WHY: TO PREPARE PHYSICALLY AND TECHNICALLY FOR THE HIGH SCHOOL WRESTLING SEASON AND TO START PREPARATION FOR THE 2009 NATIONAL CHAMPIONSHIPS AND THE SASKATCHEWAN CANADA GAMES TRIALS

ELIGIBILITY: ANY HIGH SCHOOL OR OLDER ELEMENTARY SCHOOL WRESTLER WHO ASPIRES TO BECOME A CHAMPION

CAMP COST: \$40. ALL COACHES MAY ATTEND AT NO COST

**FURTHER INFO: SHANE BRADLEY AT 374-3656(H) 717-0159(C).
OR E-MAIL – SHANEBRADLEY@SHAW.CA**