

## Mid-Winter Wrestling Camp - 2008

Hosted by: Prince Albert Wrestling Club

Date: Wednesday, Feb. 20, 2008

Time: 10:00 am – 4:00 pm

Location: Carlton Comprehensive High School – White (upstairs) Gym

Clinicians: PAWC Coaches: Paul Heselwood  
Cody Souter  
SAWA PTC: Jordan Astrope

Other Guest Clinicians will be in attendance

Purpose: To help athletes prepare for SHSAA Regional and Provincial competition as well as SAWA Age Class Competitions.

Who May attend:

Any wrestler from novice to senior, new or experienced. All athletes are encouraged to bring a training partner with them.

There is no charge for the camp.

Athletes are encouraged to bring a bagged lunch. Nutrition and water breaks will be provided.