



THE SASKATOON WRESTLING CLUB IN CONJUNCTION WITH
HOLY CROSS WRESTLING TEAMS PRESENT THE

MID SEASON HIGH SCHOOL WRESTLING CAMP

**CAMP PARTICIPANTS WILL BE IDENTIFIED FOR THE SASK. WRESTLING
PROVINCIAL TEAM AND MAY POTENTIALLY TRAVEL TO THE NATIONAL
CHAMPIONSHIPS**

DATES: TUES. FEB. 16 – WED. FEB 17

LOCATION: HOLY CROSS HIGH SCHOOL WRESTLING ROOM

REGISTRATION: TUES. FEB. 16 – 9:40 a.m. (No pre-registration required)

SESSION TIMES

**TUES. FEB 16 – 10:00 a.m. - noon
1:15 p.m. – 3:30 p.m.**

**WED. FEB. 17 – 10:00 a.m. – noon
1:15 p.m. – 3:30 p.m.**

**MORNING SESSIONS WILL CONSIST OF TECHNICAL TRAINING
AFTERNOON SESSIONS WILL CONSIST OF POSITION WRESTLING, STRATEGY
AND SCRIMMAGE**

**WHY: TO PREPARE PHYSICALLY AND TECHNICALLY FOR THE LAST MONTH OF
THE HIGH SCHOOL WRESTLING SEASON AND TO PREPARE FOR THE 2010 CITY,
PROVINCIAL AND NATIONAL CHAMPIONSHIPS.**

ELIGIBILITY: ANY WRESTLER WHO ASPIRES TO BECOME A CHAMPION

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

FURTHER INFO:

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