

GULL LAKE WRESTLING

GULL LAKE WRESTLING CLUB YOUTH SUMMER CAMP

The Gull Lake Wrestling Club will be hosting a youth summer camp. The camp is designed for new and experienced wrestlers alike. The camp will include world class wrestling technique, speed and agility drills, plenty of games, watching college and international wrestling, and discussions on nutrition, goal setting, and building a championship mind for success on the mat, in the classroom, and in life!

Ages: 1st – 6th Grade as of 2019 – 2020 school year

Dates: Wednesday, July 31st – Friday, August 2nd

Cost: \$20 a day or \$50 for all 3 days

Time: Camp runs from 8:30am – 4:30pm Wednesday & Thursday. Friday from 8:30am – 10:30am followed by a pool party at Coach Sutton's. (Drop off & registration starts at 7:30am and pick up by 5:30pm)

Location: GL High School Aux Gym (Use back Entrance)

Registration: At the door starting at 7:30am.

Payment: Cash, Check (payable to Gull Lake Wrestling Club), & Credit

Pool Party: Following the morning practice session on Friday we will be carpooling to Coach Dave Sutton's located 6065 N. 24th St for lunch & pool party. Lunch will be provided. **Parent volunteers needed for carpooling.**

Lunch: Please bring a healthy lunch and a water bottle

Attire: Shorts, t-shirt (no buttons or zippers) and wrestling shoes. Wrestlers without wrestling shoes can wrestle barefoot.

Instructors: The camp will be led by GL Youth Club Coach Josh Schultz and GL High School Coach Aaron Boone along with help from other coaches and high school wrestlers.

More Information: Contact Coach Josh Schultz at schul384@gmail.com or 269-760-1598. Visit the Gull Lake Wrestling Club Facebook page.

"It is easier to build strong children than to repair broken men." - Frederick Douglass