



2024



COACH HATHAWAY'S DRAGON WRESTLING CAMPS

**OPEN TO ALL
STUDENTS
K-9th GRADE &
ALL ABILITY/
EXPERIENCE LEVELS!**



**We want to see YOU at
Dragon Wrestling Camp
this Summer!**

Camp Mission

Dragon Wrestling Camps are designed to teach campers the FUNDamentals of wrestling and the Dragon team core values in a fun, active, and enriching environment. Our program's EVERYDAY CHAMPION philosophy is based around creating champions on & off the wrestling mat.

Dragon Wrestling Camps are designed for both beginner and advanced level wrestlers. Campers will work directly with the High School coaching staff. All camp sessions will also include current and former Carroll Dragon wrestlers to serve as counselors.

Wrestling is the fastest growing UIL sport and involves over 12,000 boy & girl student-athletes across Texas! Wrestling offers a competitive and active environment for everyone, no matter their size, ability or experience level! Our program is among the elite in the state of Texas and we want your wrestler be part of our future success!

Session 1: Beginner

Our Beginner Camp is designed for athletes with 1 year or less of wrestling experience. We will cover the fundamental principals of wrestling in a fun and engaging environment. They will learn the basics of the sport, our Dragon wrestling system and develop all-around athletic skills and movements!

Session 2: Advanced

This session of camp is specifically designed for youth wrestlers with 2 or more years of experience and wrestlers transitioning into our middle school and high school programs! You will learn what it takes to be part of our program, team-specific terminology, drills, technique and work directly with the MS/HS coaching staff. This is an excellent opportunity to get a jump start on the upcoming season and get to know your dragon coaches!

Camp Dates

**July 23-26
Tuesday-Friday**

Camp Schedule

SESSION #1

BEGINNER

(1 year or less of wrestling experience)

K-6th grade:

9:00-11:00 am

SESSION #2

ADVANCED

(2+ years of wrestling experience)

4th-9th grade:

12:00-2:00 pm

Grade as of the current 2023-2024 school year

Wrestlers will be divided into groups by size/ability level

Camp Location

**Carroll HS Wrestling Room
800 White Chapel Blvd Southlake, TX**



Registration Fee

7/23-7/26 Camp

On or
Before
June 24th
\$120
(Camp T-Shirt
included)

After
June 24th
&
Walk ups:
\$140



Questions?

If you need help determining what camp is best for your wrestlers please feel free to reach out! Camp ages are flexible based on the individual wrestlers ability!

Please direct any camp questions to
Coach Hathaway at
Southlakewrestlingcamps@gmail.com

Register Online



SCAN THE QR CODE OR VISIT
[https://southlakecarrollisd.
store.rankone.com/camp/list](https://southlakecarrollisd.store.rankone.com/camp/list)
TO REGISTER

What to Bring to Camp

T-shirt/Shorts, Water bottle,
Wrestling Shoes
(not required),
\$ for concessions
(Pre-packaged snacks, Ga-
torade & Water will be
available for purchase)



Southlake Wrestling Camp

If your wrestler is an
incoming 7th-9th grader, you
may also want to
register them for
Southlake Wrestling Camp
June 4-7!



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