

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



# **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

Southlakwrestlingcamps@gmail.com

# **Register Online**



**SCAN THE QR CODE OR VISIT** 

https://southlakecarrollisd. store.rankone.com/camp/list TO REGISTER

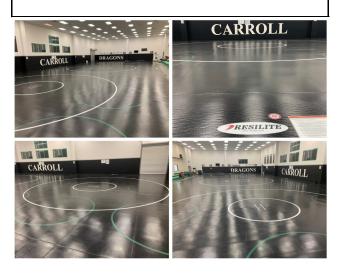
#### What to Bring to Camp

T-shirt/Shorts, Water bottle,
Wrestling Shoes
(not required),
\$ for concessions
(Pre-packaged snacks, Gatorade & 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!



CAMP SPONSORED BY: PERFORMANCE COURSE

