



SUMMER 2026

LAFAYETTE BOYS AND GIRLS WRESTLING(2nd-8th grade)

WHERE: LAFAYETTE H.S. WRESTLING ROOM

BRING THE HEAT FUN YOUTH WRESTLING CAMP FOR BEGINNERS AND ADVANCED WRESTLERS

(Beginners and Advanced will be split into two rooms to best serve all athletes)

WRESTLING CAMP(8:30-12pm).

WRESTLING ROOM

WHEN: Mon-Thurs,

June 8-11, 2026 at 8:30-12pm .We accept kids (going into)2ndthru 8th(If you are going into 9th contact Coach Ritchie for training camp in June)

Enter online <https://mo-rockwood.intouchreceipting.com/signin>

If you do not want to pay online e-mail ritchiesam@rsdmo.org

Email questions to: ritchiesam@rsdmo.org or call 636.328.1460 ask for Sam Ritchie WILL TEACH WRESTLING IN A FUN-FILLED LEARNING CURRENT LAFAYETTE COACHES AND WRESTLERS. **BRING THE HEAT FUN CAMP- CAMP WILL BE LEAD BY CURRENT LAFAYETTE COCHES AND WRESTLERS. WRESTLING GAMES WILL BE PLAYED TO HELP LEARN**

AND REINFORCE SKILLS. WE WILL ALSO TEACH AGILITY, BALANCE, AND COORDINATION ACTIVITIES TO MAKE YOUR SON OR DAUGHTER A BETTER-ROUNDED ATHLETE. THEY WILL LEARN HOW TO FALL, ROLL, AND TUMBLE!!

A TYPICAL CAMP DAY SCHEDULE

8:30am Body awareness training-jumping, side-side hops, rope jump, cone work,etc 9 am Feet Technique taught and drilled 9:30am Wrestling twisters-positions and 10-15 sec live wrestling goes 9:45am Technique 2 top wrestling
10:15am live situations
10:30 am break
10:45 am Technique 3-bottom wrestling
11:15 am live situations
11:30 Fun wrestling games- dodgeball(agility,mat chess)
11:50 pm End Talk
12pm parent pickup

PRICE: BRING THE HEAT -FUN WRESTLING CAMP Session \$100 and includes a T-shirt **SIGNUP BY logging into parent pay online website. Shop under Lafayette/athletics/Summer camps <https://mo-rockwood.intouchreceipting.com/signin>**