



# YOUTH WRESTLING CAMP

## LOGISTICS

**DATES: JULY 13-16**  
**TIME: 6:00 PM - 8:00 PM**  
**LOCATION: HAYES HIGH SCHOOL**  
**PRICE: \$75**  
**AGES: YOUTH & MIDDLE SCHOOL**

## WHAT YOU'LL LEARN

**Daily Drills:**  
**Leg Attacks**  
**Go Behinds**  
**Breakdowns & Turns**  
**Escapes & Reversals**

## COACHES

**HIGH SCHOOL COACHING STAFF**  
**CURRENT HS ATHLETES**

**Register: in person on day 1**  
**Questions: contact Coach Kevin Rieman**  
**([riemanke@delawarecityschools.net](mailto:riemanke@delawarecityschools.net))**