

Mustang Wrestling Summer Camp

BACK TO BACK SEAVIEW LEAGUE CHAMPIONS!

- **WHEN:** EVERY TUESDAY AND THURSDAY FROM JUNE 24, 2008 TO JULY 24, 2008
- **COST:** \$ 130.00 (WRITE CHECK OUT TO TRABUCO HILLS HIGH SCHOOL) INCLUDES: T-SHIRT (& SHORTS IF YOU REGISTER EARLY), TECHNIQUE SESSIONS, AND LIVE WRESTLING- GET A HEAD START ON THE UPCOMING SEASON!!
- **REQUIREMENTS:**
 1. ALL ATHLETES INTERESTED IN SUMMER CAMPS MUST HAVE A PHYSICAL BEFORE PARTICIPATING.

*A PHYSICAL SCREENING WILL BE HELD AT THHS @ A COST OF \$25.00 ON JUNE 5TH @ 4PM. YOU CAN ALSO GO TO YOUR OWN PHYSICIAN.

2. WEAR SHORTS, T-SHIRT & WRESTLING SHOES

WHERE: TRABUCO HILLS HIGH SCHOOL AUXILLARY GYM
27501 MUSTANG RUN
MISSION VIEJO, CA 92691

WHEN:

TECHNIQUE SESSIONS

TIME: 4:00 – 5:30 PM (TUESDAY AND THURSDAYS)

DESCRIPTION: WRESTLERS WILL LEARN THE BASIC MOVES OF WRESTLING- TAKEDOWN, ESCAPES, REVERSALS, NEAR FALL & PINNING COMBINATIONS.

LOCATION: TRABUCO HILLS WRESTLING ROOM

OCWCA SUMMER WRESTLING LEAGUE

TIME: 6:30 – 8:30 PM (TUESDAY AND THURSDAYS FOLLOWING THE TECHNIQUE SESSIONS.)

DESCRIPTION: WRESTLERS WILL GET TO WRESTLE WRESTLERS FROM OTHER SCHOOLS WHO ARE OF THE SAME ABILITY LEVEL AND WEIGHT CLASS.

LOCATION: TBA

DATES:

TUES, JUNE 24 (COLLECT ALL FORMS & ORIENTATION)

THURSDAY, JUNE 26

TUESDAY, JULY 1

THURSDAY, JULY 3

TUESDAY, JULY 8

THURSDAY, JULY 10

TUESDAY, JULY 15

THURSDAY, JULY 17

TUESDAY, JULY 22

THURSDAY, JULY 24

FOR MORE INFORMATION OR TO RSVP CONTACT:

THHSWRESTLING@YAHOO.COM OR mitthofk@svusd.k12.ca.us

OR CALL (949) 394- 8206

HOPE TO SEE YOU AT CAMP!