

# MOUNT MICHAEL OVERNIGHT WRESTLING CAMP



Students entering 4th-8th grade this fall are invited to an overnight wrestling camp led by Mount Michael coaches and wrestlers. Campers will be partnered up based on weight and ability levels during technique sessions. Sessions will focus on all three areas of wrestling: neutral, top and bottom positions. The current coaching staff and Mount Michael wrestlers will guide the campers through a number of drills to help improve technique in those areas. We will also have a takedown tournament and set up live matches. Campers will get to sleep in the Mount Michael school dorms. **AVAILABILITY IS LIMITED. PLEASE SIGN UP NO LATER THAN MAY 15th.**

## June 7th

Check in from 4pm-5pm (Gym)  
Introductions & Group Assignments 5pm  
Session 1: Feet technique  
Pizza 7:15pm  
Takedown tournament: 8:00pm  
Movie or Activities 9:30pm  
Lights out 10:45pm

## June 8th

Wake up call 7:30am  
Breakfast 8am  
Session 2: Top/Bottom positions 9am  
Live wrestling: 10:30am  
Closing remarks: 11:45am

## **Registration Link:**

**<https://secure.acceptiva.com/?cst=4cec80>**

**Find it on Twitter: @CoachSullivanMM**

**Or Mount Michael Webpage <http://www.mountmichael.com/>**