

MAVERICKS

Wrestling Summer Camp

Girls 6th-12th Grade as of 2024-2025



JUNE 20-21, 2024 NOC Tonkawa

Cost of Camp



DAY 1

8-9 am Check in/Weigh ins

9-9:30 am Welcome/Intros

9:30-10:30 am Warm Ups

10:30-11 am Basic Rules of Freestyle

11 am -12 pm Technique Session 1

Main gym - Coach Miller

Wrestling Room - Coach Kenny

12-1 pm Lunch

1-13:0 pm Warm Up

1:30-2:30 pm Technique Session 2

2:30-3:30 pm College Girls Technique

3:30-4:30 pm College Girls Technique

4:30-5 pm Wrap up for the Night

DAY 2

8-9am Check in/Coaches Meeting

9-9:30 am Warm Up

9:30 am -12 pm Freestyle Tournament

12-1 pm Lunch

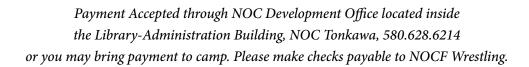
1-13:0 pm Warm Up

1-5 pm Finish Tournament

Name Outstanding Wrestlers

TO REGISTER, CONTACT

Head Women's Wrestling Coach
Jayden Miller
580.628.6762
jayden.miller@noc.edu





Name	Grade(next year)	School	
Mailing Address	City	State	Zip
Email Address:			
Contact Names & Numbers:			
Name		Phone	
Name		Phone	
Name		Phone	
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Parent or Guardian _____