

Progressive Wrestling Camp



When: April 6 – May 13

Where: Dundee Crown Wrestling Room

Days: Tuesdays and Thursdays

Time: 6:00pm to 8:00pm

Ages: 11 & up to High School

Cost: **ONLY \$50 per wrestler**

This is a progressive training camp that will be covering high % and low risk techniques!

- Offensive
- Defensive
- Mat Positions

Instructors will be seasoned coaches with a few guest clinicians attending when possible!

Remember: Off season wrestling results in regular season **VICTORIES!!!**

THERE ARE ONLY 50 SPOTS AVAILABLE!!!

Please contact Mike Bondi for registration and any information 847-309-4046 or email at bondi@dundeehighlanders.com