

# **Pioneer Wrestling Camp 2023**

Hosted by Normal University High School Wrestling Team

**When:** May 29, June 1, 5, 8, 12, 15, 19, 22, 26, July 3, 6, 10, 13

**Time:** 4:30pm-6:30pm

**Where:** Normal University High School small gym: 500 W. Gregory Normal, IL

**Who:** Any student entering 6<sup>th</sup> – 12<sup>th</sup> grade. No experience is required....any experience level is welcome.

**What:** The camp will focus on technique from all wrestling positions. Each day of camp will include dynamic warm ups, instruction on wrestling techniques from a variety of positions, and live drill sessions.

**Cost:**

- \$75 per camper

