



McHenry Wrestling Club

Beginner Wrestling Camp

Come Learn the Basic Fundamentals of the Sport of Wrestling!

Students will learn:

Proper Stance, Takedowns, Breakdowns, Escapes, and Pinning Combinations.

The program is taught in a safe, positive, and fun atmosphere by the McHenry Wrestling Club Beginner Group Head Coach and Assistant Coaches.

Beginners or Wrestlers with 1 year of experience only please.

Required: Athletic wear (t-shirt, shorts, and socks). Wrestling headgear and wrestling shoes recommended by not necessary. Please no jeans or jean shorts.

2 Age Groups

K – 3 rd Grade	TU & WED	Sept 13,14,20,21	5:30 pm – 6:30 pm
4 th – 8 th Grade	TU & WED	Sept 13,14,20,21	7:00pm - 8:00pm

Location: McHenry Wrestling Club Facility 4115 Orleans McHenry, IL

Cost: \$52

Visit our website for more information and to sign up

www.mchenrywrestlingclub.com

Camp Attendee Price Break

Attend the Camp and then Join for the Season
Get \$50 OFF the Season Fees!!!

