



## **October 7th, 8th, 15th and 16th at McHenry Middle School**

The wrestling coaches at McHenry Middle School and Parkland School are offering a free 4 day wrestling camp to District 15 students who are currently enrolled in Kindergarten through 6th grade! This camp is geared towards boys and girls, with no experience, who are interested in the sport of wrestling and would like to learn basic techniques and drills. Come to 1 or come to all.

**When:** This camp will take place on October 7th, 8th, 15th and 16th. Camp time will be 6:30pm-7:30pm.

**Where:** McHenry Middle School upstairs gymnasium. Please park by and enter the school through the athletic entrance.

**Who Can Participate:** All students in grades Kindergarten through 6th that are currently attending a District 15 school. All students must also be beginners with no prior experience in the sport of wrestling.

**How to Register:** Fill out the Registration Form located [here](#). **Entry in this camp will be limited to the first 50 students who register.**

**What to bring to camp:** Students need to bring athletic clothing to wear during practice. Headgear and shoes are recommended but not required. Socks are required for students without wrestling shoes. Food and drinks are not allowed in the upstairs gym. There is a water fountain located inside the gym for water breaks.

Web address for registration: <https://forms.gle/6QqSMoLQreK5BQAc9>

If you have any questions, please contact Coach Mullen at [smullen@d15.org](mailto:smullen@d15.org).