



WOMEN'S FREESTYLE WRESTLING CAMPS

AGE GROUPS: 14U, 16U AND JUNIORS



SEP. 24TH

Ringers Wrestling Club
N85W15960 Appleton Ave.
Menomonee Falls, WI 53051

OCT. 14TH

AWA Green Bay
1515 Glory Rd.
Green Bay, WI 54304

NOV. 5TH

UW-Stevens Point
2050 4th Ave.
Stevens Point, WI 54481

DEC. 10TH

Holmen High School
1001 McHugh Road
Holmen, WI 54636

JAN. 28TH

Shiocton High School
N5650 Broad Street
Shiocton, WI 54170

MAR. 8TH-9TH

Visit USA Wrestling for info on the Iowa USAW/USAW multi-state camp at Big Game Wrestling Club with Macey Kilty!

APR. 21ST

Aviators Wrestling Club
945 S Nicolet Rd.
Appleton, WI 54914

Members of the WWF National Team coaching staff will run all camps. Scan the QR code, or email wiwrestlingfed@gmail.com with your name, age group, and USAW card number to register today!

NEW

Each camp features a discussion topic to help you level up your wrestling!

9/24: Long-range planning and goal setting, Women's Director Neysa Bianchi

10/14: Choosing your best competition weight, Coach Mateah Roehl

11/5: Creating your profile for college coaches, Coach Jake Wozniak

12/10: Overview of the WWF website and how to use it, Coach Carl DeLuca

1/28: Proper nutrition practices, Coach Dom Gunderson

4/21: International training camp opportunity!

SCHEDULE

9:30 a.m. - 9:55 a.m. Check-In

10:00 a.m. - 12 Noon Session I

12 Noon - 12:55 p.m. Break

1:00 p.m. - 3:00 p.m. Session II

March camp schedule TBD

