

Prior Lake Wrestling Wrestling

Fall Training Camp 2023

Date: Monday, November 13th, Tuesday, November 14th and Thursday, November 16th

Place: Prior Lake High School (Wrestling Room)

Grades: 3rd -9th 7:00pm-8:30pm Cost: \$60

- ◇ **Training Camp** –Campers will spend about 30 minutes a session drilling technique and the rest of the time will be live situational wrestling and conditioning. With the start of the season right around the corner this is a great way to begin your training.

Coaches include:

Prior Lake High School Coaches and Wrestlers

Registration: Cost of the camp is \$60.00 for all three sessions (\$20/session)

For more registration information contact Coach Block at 612-718-3898 or jblock@plsas.org

Registration is due by November 8th.

Insurance: Each camper is responsible for providing their own insurance.

Camp Registration Form

Name: _____ Grade: _____

Phone: (____) _____ Email: _____

Insurance Co. _____ Policy Number: _____

Parent Signature: _____

Make Checks payable to Joe Block

Mail to: Joe Block 16703 Windsor Lane SE, Prior Lake, MN 55372

Please register by November 8th.