



2023 Central Iowa Girl's Wrestling Day Camp

West Marshall Girls Wrestling is excited to offer a skills training camp to our next generation of student-athletes! Get ready for your upcoming Girl's Wrestling seasons with several Women's College Wrestling Coaches and West Marshall Coaching Staff!

Date:

June 5th – 8th 2023

Cost:

\$80 per wrestler (Includes Camp T-Shirt)

Technicians:

TBA – College Coaches
West Marshall Coaching Staff

Times:

9:00am – 5:00pm (Lunch will be provided)

Ages:

6th -12th grade

Location:

West Marshall High School
601 3rd St NW, State Center, IA (On 5+ Mats)

Registration:

Trackwrestling.com click browse, then tournaments, click search, then type ***Central Iowa***, plus 2022-2023 Season, then search.

Typical Day Schedule:

9:00am – 12:00pm	Technique Session
12:00pm – 1:00pm	Lunch
1:00pm – 2:00pm	Games/Activities
2:00pm – 4:00pm	Live/Matches/Situations
4:00pm – 5:00pm	Cardio/Strength Training

What to Bring:

Water Bottle
Workout Gear
Singlet
Headgear Optional

Suggested Event After Training Camp

2nd Annual WLAG Iowa Classic June 9-10 @ Xstream Arena Coralville, IA
<https://wrestlelikeagirl.org/camps2/2023/iowa-classic2>

Questions Contact:

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