



# WOMEN'S WRESTLING

## HIGH-INTENSITY CAMP

This camp will teach students advanced concepts within all facets of wrestling. It will include elite level technical sessions and live, combat situations.

### Cost:

- \$300 (Overnight)
- \$225 (Commuter)

### Day 1:

- Check-in: 1-2 p.m.
- Session 1: 2-4:30 p.m.
- Dinner 1: 4:30-6 p.m.
- Session 2: 6-8:30 p.m.

### Day 2:

- Breakfast 2: 7-8:30 a.m.
- Session 3: 9-11:30 a.m.
- Lunch 3: 11:30 a.m. - 1:30 p.m.
- Session 4: 1:30-4:30 p.m.
- Dinner 4: 4:30-6:00 p.m.
- Activity 5: 6-8:30 p.m.

### Day 3:

- Breakfast 5: 7-8:30 a.m.
- Session 5: 9-11:30 a.m.
- Check-out: 11:30-12:30 p.m.

*\*Lunch and dinner will be provided for all campers on Monday.*



For more information and dates, or to register — please visit:

**[LAKELAND.EDU/WOMENS-WRESTLING-CAMP](https://lakeland.edu/womens-wrestling-camp)**

or Contact Coach Shannyn Gillespie at [GillespieSJ@lakeland.edu](mailto:GillespieSJ@lakeland.edu)

