

# LAKOTA EAST WRESTLING



## THUNDERHAWK CAMP

This camp is designed to teach the fundamentals and techniques which have been proven to work at the highest levels. Each camper will work with someone close to his own weight and skill level. Our goal is to instruct campers on the basic techniques and principles that are the foundation of the Thunderhawks Wrestling Program. We incorporate drilling instruction, training techniques and games that help campers learn the sport.

## WHO? Boys AND Girls

for 24-25 school year

- 2<sup>nd</sup> – 9<sup>th</sup>

## WHEN?

- June 3,4,5
- 9:00am – 11:00am
  - Grades 2<sup>nd</sup> – 5<sup>th</sup>
- 12pm – 2pm
  - Grades 6<sup>th</sup> – 9<sup>th</sup>

## WHERE?

- Main campus wrestling room.
- 6840 Lakota Ln, Liberty Township, OH 45044

## COST

- \$80 per camper
- \$100 after May 24<sup>th</sup>
- Checks to Lakota EAST Athletics (Attn: East Wrestling)
- EZ Pay – Lakota Student Account

## Camp Shirt Included



## REGISTER

[Link to registration form](#)

## WHAT TO BRING

- Water Bottle
- Workout Gear
- Wrestling Shoes if you have them

## CONTACT

- Head Varsity Coach  
Bryan Pennix
- [bryan.pennix@lakotaonline.com](mailto:bryan.pennix@lakotaonline.com)

