

TREYNOR SUMMER WRESTLING

TIME TO PUT IN THE WORK! WE'VE GOT A LOT OF GREAT OPPORTUNITIES THIS SUMMER TO HELP YOU ACHIEVE YOUR GOALS FOR NEXT SEASON. ANYTHING FROM CAMPS TO COMPETITIONS, WE'RE HELPING PROVIDE INFORMATION TO HELP YOU GET BETTER. I KNOW YOU ALL HAVE BUSY SCHEDULES SO BELOW YOU'LL FIND ALL THE EVENTS FOR THIS SUMMER TO HELP YOU PLAN AROUND YOUR BUSY SCHEDULES. IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE TO USE THE CONTACT INFORMATION.

NEBRASKA BOYS AND GIRLS TEAM CAMP

- JUNE 26-30
- GRADES 7-12
- \$385/WRESTLER
- BOYS AND GIRLS WILL BE SEPARATED
- FOOD AND LODGING ARE COVERED (LODGING WILL BE AT HARPER, SCHRAM, AND SMITH RESIDENCE HALLS.)
- 110 HENDRICKS TRAINING COMPLEX LINCOLN, NE 68588

TWC WRESTLING TECHNIQUE CAMP

- JUNE 10-11
- JUNE 10 (GRADES 2-12)
 - SESSION 1: 10:00 AM -12:00 PM
 - LUNCH AND FILM: 12:00 PM - 1:00 PM
 - SESSION 2: 1:00 PM - 4:00 PM
- JUNE 11 (GRADES 6-12)
 - 6:00 PM-7:30 PM
 - SWI SERIES SITE (TREYNOR HS)
- \$50/WRESTLER
- GUEST CAMP TECHNICIAN SILAS ALLRED
- TREYNOR MIDDLE SCHOOL 102 E MAIN ST., TREYNOR, IA
- [CLICK HERE FOR REGISTRATION](#)

IOWA FREESTYLE/GRECO-ROMAN STATE

- 8U, 10U, 12U, 14U, 16U, JUNIOR (GRADES 9-12)
- \$35/STYLE AND \$50/BOTH ONLINE REGISTRATION THROUGH TRACKWRESTLING.COM BY 05/04/23 AT 11:00 PM
- MUST HAVE A CURRENT USA WRESTLING MEMBERSHIP (FULL ATHLETE GENERAL OR HIGH-PERFORMANCE ATHLETE)
- SOUTHEAST POLK HIGH SCHOOL 7945 NE UNIVERSITY AVE., PLEASANT HILL, IA

SWI SERIES

- JUNE 4 / 6:00 PM - 7:30 PM / IOWA WESTERN COMMUNITY COLLEGE / REIVER ATHLETIC PERFORMANCE BUILDING / 2700 COLLEGE RD., COUNCIL BLUFFS, IA
- JUNE 11 / TWC WRESTLING TECHNIQUE CAMP
- JUNE 25 / 6:00 PM - 7:30 PM / RED OAK HIGH SCHOOL / 2011 N 8TH ST., RED OAK, IA

RALSTON WRESTLING SUMMER LEAGUE

- WEDNESDAYS; MAY 31, JUNE 7 AND 14TH
- GRADES 5-12 (NO GRADUATES)
- WEIGH-INS: 4:30 TO 5:15 PM - HELD IN RHS WEIGHT ROOM CLINIC: 5:15 TO 6 PM WRESTLING STARTS AT 6 PM
- WRESTLERS NEED TO HAVE A COACH OR ADULT REPRESENTATIVE PRESENT IN CASE OF AN INJURY.
- \$40/WRESTLER THAT SIGNS UP FOR THE 3 WEEKS WILL RECEIVE A T-SHIRT. IF A WRESTLER CAN'T MAKE IT TO ALL OF THE NIGHTS BUT WOULD LIKE TO COME TO 1 OR 2 NIGHTS, THEY CAN WALK IN AND PAY, \$10 PER NIGHT (MUST HAVE A SIGNED WAIVER FORM)
- THE LEAGUE CONSISTS OF INDIVIDUAL WRESTLERS. COACHES MAY BRING 1 WRESTLER OR THEIR ENTIRE TEAM. WE PLAN ON WEIGHING IN EACH NIGHT AND WE WILL MAKE PAIRINGS FROM WRESTLERS IN ATTENDANCE THAT NIGHT. BOYS AND GIRLS WILL BE SEPARATED
- RALSTON HIGH SCHOOL - MAIN GYM 8969 PARK DR. RALSTON, NE 68127

Contact Person:

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