

**FITS**  
WRESTLING ACADEMY



# SUMMER CAMP

**NORTH CARROLL HS JULY 29 - 31**

Camp Schedule:

**8 - 9am** Drop off/Check-in

**9 - 11am** Wrestling Technique and Drill Session

**11am - 1130am** Q&A + Pics/Autographs w/Clinicians

**1130am - 12pm** Lunch (Pack Your Own)

**12 - 1pm** Games/Relax

**1 - 3pm** Competition Tournament & Live Goes

**3 - 4pm** Strength and Conditioning

**4 - 5pm** Pick up

All-American Clinicians:

**LOGAN MEISTER**

**NATHAN KRAISSER**

**ANTHONY ASHNAULT**

**KYLE SHOOP**

**\$150** for 3 days

**\$75** Drop-in

**\$40** Half Days

(9am - Noon or 1pm - 4pm)

Questions? Email [FITSWrestlingAcademy@gmail.com](mailto:FITSWrestlingAcademy@gmail.com)

Register at [www.fitswrestlingacademy.com/summer-camps](http://www.fitswrestlingacademy.com/summer-camps)