

GOLD MEDAL INTENSIVE WRESTLING CAMP

July 6-9, 2022

Cedar Valley High School
1389 Aviator Ave, Eagle Mountain,
UT 84005

AGES: Boys & Girls 4TH-12TH Grade
SESSIONS: 9am-12pm & 1pm-4pm
COST: \$200 guarantees a camp T-shirt
with pre-registration before June 10,
2022- pre-registration & teams/siblings of
3 or more are just \$200- Week of July 4th
registration is \$225!

Daily Schedule:

8:00-9:00 AM

Registration/Check-in (on Wednesday)

9:00 AM-12:00 PM

Technique/Hard Drilling/Live Wrestling

12:00-1:00 PM

Lunch/Games

1:00-4:00 PM

Technique/Hard Drilling/Live Wrestling

This is an intensive technique camp designed with team building activities/competitions and a specific focus on character development on and off the mat. Camp will be limited to the first 200 participants. **Meals will not be provided.** Please plan to bring your own lunch/snacks. Showers and water will be available- bring your water bottle. Basic first aid/training room on site.

COME & GET READY FOR FARGO!



Teyon Ware

2X NCAA Champion @ Oklahoma
2011 Freestyle World Team
University of Wyoming Assistant Coach



Lauren Mason

4X NCAA All-American @ Simon Fraser U
US National Team Member
BRUNSON UVRTC Resident Athlete



Shawn Contos

Former Head Men's & Women's Coach @
Iowa Wesleyan University; Assistant
Coach @ Penn State & Iowa State; Fargo
Junior National Champ Freestyle & Greco

Questions? Contact:

ERIK GONZALEZ at 360-787-3321 or
erikgonzalez@alpinedistrict.org

Camp Registration 2022

Registration is available
on myschoolfees.com

The QR code for the boys camp is:



The QR for the girls camp is:



All wrestlers must have at least the
"minimum folkstyle" USA wrestling
membership to participate:
<https://www.usawmembership.com/>

Clinicians subject to change