



2019 Zachary Wrestling Summer Camp

Zachary Wrestling will be hosting a summer camp from June 17th-21st.

It will be a great opportunity to be introduced to a new sport or to enhance the skills already in place for young wrestlers. The camp will run from 9-noon Monday through Friday. Join us and learn what the sport is all about.

Ages: 8 and up. Any camper younger than 8 must be approved by the coaching staff.

Beginners and experienced wrestlers welcome. Camp is for girls and boys.

Cost: \$125 (Lunch not included. We do recommend sending campers with a healthy snack.). All checks made payable to "Zachary High School."

Times: 9-10:30 (Technique and Instruction), 10:30-11:00 (Snack and Wrestling Video), 11:00-12:00 (Live Wrestling and Wrestling Games)

Clothing: T-shirt and shorts. We do recommend sending a change of clothes for the second session, but it is not required. Wrestling shoes are optional. Campers can wrestle barefoot.

Medical Release: All parents must fill out the medical release information on the first day of camp. No camper will be allowed to participate without the paperwork filled out.

For more information on this opportunity, please email jeanpaul.pierre@zacharyschools.org.