

# EAGLES NEST TRAINING

**2 DAY 7TH through 12TH GRADE TRAINING CAMP**

Wrestlers will train hard for two-days with Coach Trim, laying the foundation that will help them to understand the skills of discipline, sacrifice, dedication, hard work, responsibility, and accountability, resulting in a dramatic change in the way they approach this wrestling season.

The purpose of the camp is for HHS Wrestlers to fine-tune technical knowledge & skill and incorporate it into their wrestling style. Wrestlers will complete a 2-Day schedule that will include technique, conditioning, hard practices, and ALL-OUT live wrestling pushing their Mental Toughness during sessions.

*If not now, when? Take the Eagles Nest 2Day Camp Challenge!*

**Wednesday, 8/7 & Thursday 8/8, 2013**

**Noon-4pm**

**\$50** (That's for BOTH days!)

(this is down week for football players, NO EXCUSES)

**In the Hartland High School Wrestling Room**

***PRE REGISTER TODAY!!!***

**Campers MUST BRING:** Your 2013-14 wrestling Season Goals, Towel, 4 changes of clothes per day (shirt/shorts/socks), Running Shoes, Lg. Water Bottle, a sack lunch, PLENTY to drink, Wrestling Shoes & Headgear

**TO REGISTER:** Email [Dannacastillo@aol.com](mailto:Dannacastillo@aol.com) with the Name and Weight of the wrestler attending.  
Bring Payment on the first day of camp.

***DONT BE AFRAID TO BE GREAT***