

# EAGLES NEST TRAINING

## 2 DAY YOUTH TRAINING CAMP

Wrestlers will be pushed outside of their comfort zone for two-days of training with Coach Trim, laying the foundation that will help them to understand the skills of discipline, sacrifice, dedication, & hard work.

The purpose of the camp is for YOUTH 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. PERFECT FOR ANY SPORTS SEASON.

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

**Wednesday, 8/7 & Thursday 8/8, 2013 9-11 am \$20** for BOTH Days!!!

(plenty of time for HAYAA Football Players to get a nap in before football practice)

**In the Hartland High School Wrestling Room**

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

*This Camp is for Youth Wrestlers that are ready to Step-Up their training intensity. THIS WILL NOT BE EASY.*

*Middle School wrestlers should plan to attend the 7th-12th grade Camp. (Unless you are under 80lbs)*

**\*\*We will need a minimum of 8 Wrestlers to host this camp.**

**Campers MUST BRING:** Your 2013-14 wrestling Season Goals, Towel, 1 extra-change of clothes per day (shirt/shorts/socks), Running Shoes, Lg. Water Bottle, 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.

***DON'T BE AFRAID TO BE GREAT***