


ST MICHAEL
WRESTLING

Introduction to Wrestling Summer Camp

Our Introduction to Wrestling Summer Camp is an excellent way for kids to try out the “world’s oldest sport” for the first time. This camp is taught by Head Wrestling Coach Josh Galasso and Assistant Coach Mark Harter and is intended for elementary and middle school youth who want to learn the basics of wrestling. In addition to teaching rules, scoring, and an overview of the sport, the kids will begin to wrestle and learn basic positions/techniques. We will also play wrestling-related games to make sure our newcomers get a complete and positive experience. By the end, campers will know if they like the idea of wrestling on a team, plus have the benefit of being several steps ahead of other first year wrestlers!

July 16 – 19
1:00 p.m. – 4:00 p.m.
Grades: 4-9
Cost: \$100

Location: St. Michael Gym

Contact

Coach Josh Galasso
Email: jgalasso@smhsbr.org



<https://forms.diamondmindinc.com/smhsbr/summercamp2018>