



WRESTLING CAMP 2022

Montclair High School Wrestling Room | 100 Chestnut St. Montclair, NJ

DEAR FAMILIES AND FUTURE CHAMPIONS,

Welcome to Wrestling Camp! This camp is designed to teach the fundamentals of the sport of wrestling in a fun environment and to challenge wrestlers to develop more advanced techniques. During camp, the focus will be on teaching the basics, playing wrestling related games, drilling and eventually live wrestling. As we progress through the week, the focus will begin to shift to include more advanced instruction, along with more drilling and live wrestling. We are looking forward to an exciting week of fun, expert instruction, and challenging activities in wrestling.

Wrestlers in Grades 3-8 | Cost: \$250

Monday. August 1st – Friday. August 5th

Location/Drop off/Pick up: Montclair High School Wrestling Room

Drop off: 9AM | Pick up: 2PM

WHAT TO WEAR

- Shorts
- T-shirt
- Sneakers
- Bring wrestling shoes

WHAT TO BRING

- Sunscreen
- Lunch
- Snack
- Water
- Gatorade

Camp begins at 9:00 a.m. on Monday, August 1st. Drop-off should be on Midland Ave. Turn into the driveway, alongside the high school gymnasium. A counselor will be stationed there to assist your camper and help direct him/her to our meeting place, which is the Montclair Wrestling Room. Pick-up is at 2:00 p.m. and will be in the same place that you dropped your wrestler off.

Valuables should not be brought to camp!

Please make sure that your camper has something light to eat before the start of camp. Lunches **will not** be refrigerated so please supply a cold pack if necessary. We look forward to having your child(ren) join us. Please don't hesitate to call or email the Camp Director if you have any questions or concerns.

*****MFEE Scholarships Available *** No refunds after June 3, 2022*****

Eugene Kline & Naveed Khawaja - Program Co-Directors

Contact Eugene Kline for further information: ekline@montclair.k12.nj.us or 908-468-8907