

Nik's Olympic School

Wrestling Summer Camp 2019

Monday, August 26th to Thursday, August 30th



Nik's Olympic School
40 Abbott Rd.
Wellesley, MA 02481

Daily Hours: 9am - 5pm

Price: 1 day - \$90, 3 days - \$230, 5 days - \$380

**Register by May 1st at
Coach_Nik@niksolympicschool.com**

WRESTLING SUMMER CAMP SCHEDULE

9.00am-9.30am	Arrival
9.30am-11.00am	Outside 1 st Practice(weather permitting)
11.00am-12.00pm	Lunch (Not Provided)
12.00pm-1.00pm	Motivational Sport Videos Break
1.00pm-2.30pm	2 nd Practice
2.30pm-3.30pm	Snack (Not Provided)
3.30pm-5.00pm	3 rd Practice

Practices include Mat (Techniques, Drills, Live Wrestling), Conditioning, Stretching, Acrobatics, Inside and Outside Games and Races

CAMP PACKING LIST

- ✓ Lunch and snack
- ✓ Sneakers for outside activities
- ✓ 3 T-Shirts
- ✓ Wrestling Shoes
- ✓ Towel
- ✓ Socks

Camp Dates: August 26-30, 2019

**Please register by May 1, 2019
* \$100 sign-up deposit required ***