



**VA**

W R E S T L I N G

# **FREESTYLE CAMP**

**APRIL 5-6, 2025**

**6TH -12TH GRADE**



**CONTACT HUNTER BOLEN FOR MORE INFORMATION**

**HUNTERBOLEN@MCPS.ORG**

**DAY 1 • \$150**

**MORNING SESSION:**

**NEUTRAL OFFENSE AND TRANSITION DRILLS**

**AFTERNOON SESSION:**

**LIVE WRESTLING WITH COACHING FEEDBACK**

**DAY 2 • \$150**

**MORNING SESSION:**

**TOP OFFENSE AND PAR TERRE DEFENSE DRILLS**

**AFTERNOON SESSION:**

**LIVE WRESTLING WITH COACHING FEEDBACK**

