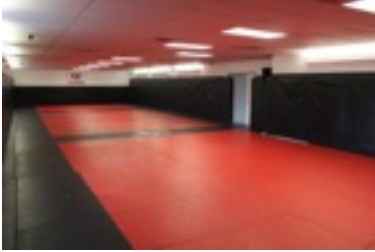




## 2016 Northern Utah Western Regional Training Camp June 6-10, 2016

The Wrestling Training Center  
at 1168 W 500 N, Centerville, Utah  
(just off the I-15 Parrish Lane Exit)



Don't just "practice" to get ready  
for Western Regionals.

### TRAIN FOR IT!



This is a focused and intense one-week training camp designed to get wrestlers ready to compete, to get in shape, to win the key positions in each of the three styles, and to be able to transition quickly from style-to-style the same way they will need to at Western Regionals. This is not a technique camp.

#### Age Divisions

This camp is designed for competitive wrestlers in the Intermediate, Novice, Schoolboy, and Cadet/Junior Divisions.

#### Schedule

Monday, June 6th 8:00 AM Run, 9-11 AM Folkstyle Session, 1-3 PM Greco Session  
Tuesday, June 7th 8:00 AM Run, 9-11 AM Freestyle Session, 1-3 PM Folkstyle Session  
Wednesday, June 8th 8:00 AM Run, 9-11 AM Greco Session, 1-3 PM Freestyle Session  
Thursday, June 9th 8:00 AM Run, 9-11 AM Folkstyle Session, 1-3 PM Greco Session  
Friday, June 10th 8:00 AM Run, 9-11 AM Freestyle Session, 1-3 PM Folkstyle Session

\*Wrestlers are welcome to bring a sack lunch and hang out in the Rec Room between sessions.

\*\*Campers should bring two clean sets of workout clothes and a pair of running shoes each day.

#### Camp Staff

Cam Jones, Brandon Ripplinger, Mike Ripplinger, and others

#### Cost

\$100 (If registered by June 2nd)

#### Registration

All registration must be completed on [trackwrestling.com](http://trackwrestling.com). Search for "Northern Utah West. Reg. Training Camp". You must register by Thursday, June 2nd. Late entries will be accepted after June 2nd with a \$25 late fee.