

## March 9-11th USA Wrestling Utah Girls Wrestling Camp

**Hotel Accommodations:** Holiday Inn Express 1290 W University Pkwy, 801-655-1515

**Clinics will be hosted at:** Telos University 600 S Geneva Rd (801) 877-5300 \*with shuttle transportation

**Drop Off:** Holiday Inn Express: Thursday 11am-Noon **Pick Up:** Telos University: Saturday by 4:00pm

\*Parents are welcome to watch the clinics. If staying the night, parents need to arrange their own rooms.

**Room Mom:** Jodie Cox cell 801-783-7979 \*I will be staying the night both nights and available anytime.

**Clinicians:** Rachael Meyer & Jade Rauser

**State Director:** Billy Cox 801-783-7978

**WRESTLER MUST HAVE A USA WRESTLING CARD. You can click [HERE](#) to purchase one if you don't already have it. \$15 Limited card is required, \$45 Full USA Card is suggested if you will be competing in any USA Wrestling Utah Spring tournaments.**

**Thursday March 9th** \*\*All times below are subject to change if needed.

11:00-Noon	Drop off & Room assignments
12:00-12:30	Lunch
1:00-3:30pm	1st session
4:00-5:00pm	Showers/free time
5:00-6:00pm	Dinner
6:30-8:00pm	2nd session
8:00-9:00pm	Rest>Showers
9:00-10:30pm	Swimming/Activity
11pm	Lights out

**Friday March 10th**

6:30am	Wake up
7:00-8:30	Breakfast/Activity
9:00-11:30	3rd session
12:00-12:45	Lunch
1:30-4:00	4th session
4:00-5:00	Showers/free time
5:00-6:00	Dinner
6:00-9:00	Speaker/Awards/Group activities
9:00-11:00	Swimming/Activities
11:30pm	Lights out

**Saturday March 11th**

6:30am	Wake up
7:00-8:30am	Breakfast/Activity
9:00-10:30am	Session 1 - Review
11:00-12:30	Lunch/Pack up/Check out of Hotel
1:00-4:00pm	Girls Tournament at Telos University\Pickup at 4pm Sharp!