

2018 GI Jane Wrestling Camp

July 4-7

America's only ALL
FEMALE intensive
summer wrestling
camp!

\$495

REGISTRATION AND MEDICAL
WAIVERS TO BE COMPLETED ON
www.NavyWrestlingCamps.com

**Confirmation email with check-in details will
be sent upon registration completion**

*Checks made payable to: NAAA Wrestling
Camps*



The 2018 GI Jane Wrestling Camp, now being hosted at the US Naval Academy, is revolutionary in what it offers young aspiring female wrestlers. The blend of history and tradition combined with the cutting edge training, world class instruction and 21st century mission, make this camp the first of its kind. Training sessions and skill instruction are geared towards females interested in pursuing the toughest challenges and the path less traveled by others. In our ground breaking camp we offer skills and drills, intense live wrestling, physical conditioning and several off the mat skills that will enlighten each participant and allow them to push themselves to a new limit. Each athlete will face challenges that are unforeseen and this training camp will ensure you have the physical skills and stamina to succeed while also instilling the mental toughness required for the next level.

- Technique by World Class Clinicians
- Live wrestling with talented and demanding opponents
- Sports Psychology Training
- Nutrition for Success
- Training for Championship performances
- Rigorous and Demanding for the strongest competitors =Not for everyone

~For Grades 7-12~