

# Girls Wrestling Camp!

## Murrieta Valley High School

### PRACTICES

- ⬤ Wrestling room: 7:00am – 9:00am
- ⬤ Weight training and cardio: 9:00am – 10:00am

### PLEASE BRING

- ⬤ Bring wrestling shoes, knee pads, and a guard if you have braces.
- ⬤ Please wear t-shirts/ shorts, bring running shoes, water bottle, and a hoody or sweatshirt for after practice to stay warm.

### HAVE QUESTIONS?

- ⬤ Call Coach Ricky Sanchez: #951-249-3809



**\$200** Camp Runs From:  
**June 9 – June 29**