

Wrestlers and parents,

*“Summer wrestling makes winter champions.”*

Here is the list of camps that Kamiakin will be holding, as well as optional camps to attend. I have not listed all of the camps going on in the state, just some of the local camps. Any opportunity you get to wrestle, you need to take advantage of, as that is an investment towards your upcoming season. As a team, we have lofty goals of winning league, districts, regionals, and state. Those achievements do not happen overnight. We need a dedicated team where each one of the members strives to be the best that they can be; that includes the incoming freshman, returning wrestlers, captains, and coaches. The time to be great is now.

June 3-4, 10-11: Western Regional Training Camp @ Kamiakin (Featuring Marc Sprague) Contact Pete Almaguer or check recent posts about how to attend the camp for a reduced cost.

June 19-July 31, Monday-Thursday, 8:00am-11:00am: 90 minutes of strength and conditioning followed by 90 minutes of wrestling. Open to grades 6-12. – \$50 (Checks made out to Kamiakin Wrestling)

July 10-12: Redneck Duals @ Pasco High School. This is one of our team camps this summer and is required for all wrestlers. The school will pay for the entry fee. Wrestlers will get 10-20 matches in the 3 days, more than some received all season long. Football players will be excused from their camp to attend.

July 12-14: \*Optional\* Oregon State Big Man Camp – Oregon State University, Corvallis, OR - \$250 – oregonstatewrestlingcamp.com

July 23-28: Center Circle Intensive Wrestling Camp @ Meridian High School in Bellingham. \$350. As a team, we will go to this intensive camp. This will be an intense team-building camp, where wrestlers will get pushed to their limits. We will be staying at Meridian High School. We will leave Kamiakin High School the morning of 23<sup>rd</sup> and arrive back home on the night of the 28<sup>th</sup>

July 30-August 12: \*Optional\* J Robinson 14 Day Intensive Camp @ Eastern Oregon University, Ashland, OR – jrobinsoncamps.com

August 7-10: Cobra Wrestling Camp – Over/Under Hook and Fireman’s Carries @ Kamiakin (Featuring Marc Sprague) \$150

If you have questions about any of the camps or the upcoming season, please email Coach Anderson at [Jordan.anderson2@ksd.org](mailto:Jordan.anderson2@ksd.org)

Thank you,

Jordan Anderson and the Kamiakin Wrestling Staff