

RED ROCK CENTRAL  
**SUMMER  
WRESTLING CAMP**

*Elevate Your Game*

**HIGH SCHOOL**

**&**



**YOUTH**



**TUESDAYS, STARTING JUNE 11 - JULY 30**

**ELEMENTARY: 5:00 PM - 6:15 PM**

**HIGH SCHOOL: 6:30 PM - 7:45 PM**

**NOTE: WE'RE TAKING A BREAK ON THE JULY 2ND OFF WEEK TO RECHARGE.**

*All Abilities Welcome*

**CURRENT WRESTLERS | NEW TO WRESTLING | GIRLS WELCOME  
WE'RE PROUD TO SUPPORT GIRLS WRESTLING, THE FASTEST GROWING SPORT IN MINNESOTA!**

*What to Expect:*

**SKILL-BUILDING DRILLS | LIVE MATCHES | CHALLENGING WORKOUTS  
COOL DOWN ACTIVITIES | SUPPORTIVE RRC COMMUNITY**

*Sign up by May 28th for a free camp t-shirt*

**[HTTPS://FORMS.GLE/WQRTTWJKYQUHVJRA6](https://forms.gle/WQRTTWJKYQUHVJRA6)**