

Coaching Staff

- **Sam Fisher** - Current Virginia Tech Wrestler, US Open U20 Champion, U20 Pan-Am Champion, USA Wrestling double Cadet Nationals All-American, 2x Beast of the East placer, 2x Ironman Placer, Super 32 Placer and Fauquier County's only 4x State Wrestling Champion.
- Fauquier HS Wrestlers will be acting as camp counselors.

Information

Dress: Participants must wear appropriate workout attire which should include t-shirt, shorts and wrestling shoes. Head gear is recommended for live wrestling.

Hours: No camper should be dropped off more than 15 minutes prior to session and all must be picked up no later than 15 minutes after session. Campers will NOT be allowed to leave the facility during camp hours.

Break: Campers will be given multiple water breaks. A water fountain is available, but wrestlers are encouraged to bring their own water bottle with their name on it.

Miscellaneous: Please leave valuables at home, as we are not responsible for lost or stolen items.

Summer Wrestling Camp

July 15-16

Rising 2nd through 8th graders
12:00 pm - 3:00 pm Sat July 15
12:00 pm - 3:00 pm Sun July 16

Fauquier High School
Wrestling Room
705 Waterloo Rd
Warrenton VA 20186

Cost: The fee for the camp is \$60.00.
Registration must be received by July 14th.



FauquierWrestling.org/camp



Camp Focus

- Teach and develop fundamental skills
 - Drilling
 - Live Wrestling
 - Aerobic Conditioning

This is a fast-paced summer wrestling camp.

Prior experience is recommended!!