

# MAVERICK WRESTLING CAMP



**JUNE 14-17**  
*Maize South High  
Wrestling Room*

THIS CAMP IS FOR KIDS  
INTERESTED IN  
EXPERIENCING WRESTLING  
WITHOUT COMMITTING TO A  
SEASON. YOU WILL LEARN  
THE BASICS AND GET TO  
WRESTLE LIVE

11:30AM - 2:30 PM  
COME STRAIGHT FROM  
MIDDLE SCHOOL WEIGHTS AT  
THE HIGH SCHOOL

GRADES 5-8 ATTENDING  
MAIZE SOUTH ONLY

**\$50**

SIBLING  
DISCOUNT  
AVAILABLE



USE QR CODE OR  
LINK BELOW TO  
REGISTER  
OR FOR MORE INFO

# Maize South Middle School Boys and Girls Wrestling Camp

**WHO:** Current 5<sup>th</sup> through 8<sup>th</sup> grade Boys AND Girls that will be attending **Maize South** in the Fall.

\*\*\*\*All attempts will be made to partner boys with boys and girls with girls

**WHAT:** This camp is for anyone that wants to try wrestling without committing to an entire season. It is also for Mavericks that are planning to wrestle for MSMS or MSHS.

- Learn the basic rules and techniques of wrestling.
- Live wrestling (Yes you get to wrestle your friend)
- Wrestling games

**WHEN:** June 14-17 11:30 - 2:30 PM

\*\*\*\*Many athletes will be attending the **Middle School Strength and Speed Program** on M, Tu, TH from 10-11. We recommend that these athletes bring a sack lunch on those days. They will be supervised while they eat between sessions.

**Where:** Maize South High Wrestling Room (West side of the school)

**What to Bring:** Shorts, tee-shirt, wrestling shoes if you have them, socks if you don't (No worries), water bottle, sack lunch on days you are also attending Middle School Weights

**COST:** \$50 or \$15/day \$5 sibling discount (each kid)

Make Checks payable to Maize South Wrestling Backers

Venmo Payment to @Matt-Kerr-23

PayPal [mgkerr17@gmail.com](mailto:mgkerr17@gmail.com)

Proceeds go to help MSHS team camp in Iowa this summer

**Maize South High Coaching staff and High School Athletes will be training the athletes**

## Did you Know???

Girls wrestling is one of the fastest growing sports in the country? KSHSAA now has a girls division! Both MSMS and MSHS have girls wrestling. Bring a friend!

There is no greater winter activity to become a better football player than wrestling. Wrestlers have great balance, agility, explosion, leverage, mental toughness and fitness.

Successful wrestlers come in all shapes and sizes. Short or tall, thin or thick. There are 14 High School weight classes from 106 to 285 pounds. Middle school weight classes range from 80 pounds to 265 pounds.

Any Questions contact Coach Kerr (316) 706-3585 [mkerr@usd266.com](mailto:mkerr@usd266.com)