



Annandale Wrestling Camp 2024

Presented by the Annandale Boosters

Camp Session: July 22-26, 2024 9am-3pm

This all ages and experience levels wrestling camp will spend time developing the skills in all three styles of wrestling! We will work on one style each of the first three days. In addition to technique and various games, on the last two days of camp there will be a takedown tournament and individually bracketed tournament! Campers can bring their lunch or purchase lunch at camp.

Counselors: Various current and former Atoms wrestlers who have had success at the state and national level.

Camp Fee: \$120 for the week (\$200 for siblings) (camp fee includes T shirt)
Make checks payable to Annandale HS Boosters % Wrestling.

Who: Ages K-12 (grouped by age, all experience levels welcome)

Where: Annandale High School Upstairs gym/Mat room (4 mats! plenty of space!)

Registration Deadline: Monday, July 22nd, 2024. Use the QR code below or bring a check with you on the first day of camp. If you are planning on bringing a check, please contact Coach Damico (jwdamico@fcps.edu) so we can make sure we have enough shirts!

Daily Schedule:

Session 1: 9:00 - 11:30 am (Group 1 in Mat Room, Group 2 in Upstairs Gym)

Lunch: 11:30 - 12:30 pm

Session 2: 12:30 - 3:00pm (Group 1 in Upstairs Gym, Group 2 in Mat Room)



Contact Information:

Joshua Damico (Head Wrestling Coach)

703-470-7007

jwdamico@fcps.edu

Annandale High School

4700 Medford Dr

Annandale, Va 22003

