

ARMY WEST POINT™

WRESTLING

ARMY BOY'S WRESTLING RANGER CAMP

June 28 – July 2, 2020

Description: Ranger up! The Ranger Intensive Camp is designed for wrestlers demanding a challenge. Each camper will focus on being the toughest, most mentally prepared athlete on their team. From our early morning runs to our “power hour” training circuits each camper will be pushed both physically and mentally. This camp will challenge you and also take your wrestling to another level. Please remember, we will run, wrestle and drill each day so campers should plan on coming to camp in good shape and prepared to work. Not recommended for beginners