



SUMMER WRESTLING

RECREATION PROGRAM

TRAIN. COMPETE. HAVE FUN.
LEVEL UP THIS SUMMER!



FREE!

IT'S 100% FREE FOR ALL YOUTH!

NO EXPERIENCE NEEDED!
ALL SKILL LEVELS WELCOME!

ABOUT THE PROGRAM

The Summer Wrestling Recreation Program is a structured, full-day experience designed to develop wrestling skills while promoting physical fitness, teamwork, and personal growth. Open to youth of all skill levels, the program provides a safe, engaging environment led by experienced coaches.



PROGRAM DETAILS

- July 6 – August 14, 2026
- Monday – Friday | 8:30 AM – 4:30 PM
- Ages 5 – 14
- Limited to 30 Spots



WRESTLING INSTRUCTION

Learn technique, improve skills & build confidence.



STRENGTH & CONDITIONING

Build strength, endurance & explosive power.



TEAM BUILDING

Build friendships, teamwork & leadership.



LIFE SKILLS / LEARNING ACTIVITIES

Grow on and off the mat with fun activities.



MEALS & SUPERVISION PROVIDED

Nutritious meals & supervision all day long.

DAILY EXPERIENCE

- ✓ Morning warm-up & conditioning
- ✓ Wrestling technique sessions
- ✓ Recreational/team activities
- ✓ Live drills & controlled matches
- ✓ Afternoon cool-down
- ✓ Life skills / learning activities



WHAT YOU'LL WALK AWAY WITH

- ✓ Confidence that shows on and off the mat
- ✓ Stronger, faster, more athletic
- ✓ Better movement & control
- ✓ Real team skills & leadership



STRONG MIND.
STRONG BODY.
STRONG FUTURE.

ENRICHMENT OPPORTUNITIES



COMPETE IN A LIVE WRESTLING TOURNAMENT
Experience the thrill of competition!



TRIPS, EXPERIENCES & TEAM OUTINGS
Travel to 5 cultural events & team experiences!



YOUTH-LED FUNDRAISING EXPERIENCE
Build real-world leadership skills!



SAFETY & SUPERVISION

Safety is a top priority. All activities are supervised by trained staff, including a program coordinator, assistant coaches, and youth counselors. Instruction is tailored to age and skill level to ensure a positive and structured experience.



MAKE FRIENDS.
BUILD SKILLS.
STAY ACTIVE
ALL SUMMER.



JOIN THE TEAM THIS SUMMER!

SPOTS ARE LIMITED

www.cccoeeo.org

info@ccoeeo.org

856-964-6887

538 Broadway
Camden, NJ 08103