



VAWA Kids Freestyle & Greco-Roman Nationals Training Camp

What: Camp to prepare Team Virginia for the Asics Kids Freestyle & Greco-Roman Nationals. There will be multiple training sessions per day, meals, and breaks for swimming.

When: 6/28/2015 - 6/29/2015. We'll depart for Nationals early the morning of 6/30 (see the related flyer)

Where: Episcopal High School, 1200 N Quaker Ln, Alexandria, VA 22302

Eligibility: The camp is targeted for kids born 2001-2008 who are participating in Asics Kids Freestyle & Greco-Roman Nationals. Others are welcome though.

Coaches: The camp will be lead by VAWA Executive Director Andrew Farrar. Assisting him will be a variety of experienced coaches from throughout Virginia.

Cost:

- Overnight (3 meals + snacks provided): \$125
- Day (lunch provided): \$75
- Extended day (lunch and dinner provided): \$100

Registration:

- The deadline is 5/21. Email Joel Hegg (joelhegg@gmail.com) to commit.
- Send a check payable to VAWA to 905 Pepper Ave, Richmond, VA 23226 OR contact Andrew Farrar at asfarrar@gmail.com for other options.

Questions? Contact Joel Hegg at joelhegg@gmail.com or call 202-384-2123.