



DINOS WRESTLING CAMP

DECEMBER 28–29, 2026

ATHLETES AGES 12–18 • TWO DAYS. TOTAL DEVELOPMENT.

UNIVERSITY OF CALGARY

JACK SIMPSON GYM

TRAIN HARD • THINK STRONG • FUEL for PERFORMANCE

**2 MAT SESSIONS
PER DAY**

**NUTRITION
SESSION**

**MENTAL SKILLS
SESSION**

LEVEL UP YOUR TECHNIQUE. BUILD YOUR CONFIDENCE. COMPETE WITH PURPOSE.

Four mat sessions plus focused nutrition and mental skills training.

MARK YOUR CALENDAR.

REGISTRATION DETAILS COMING SOON